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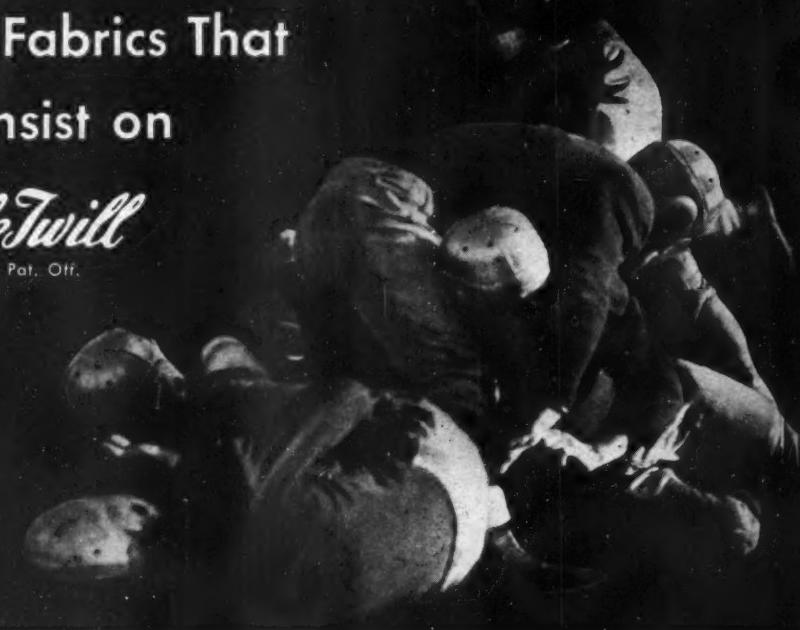
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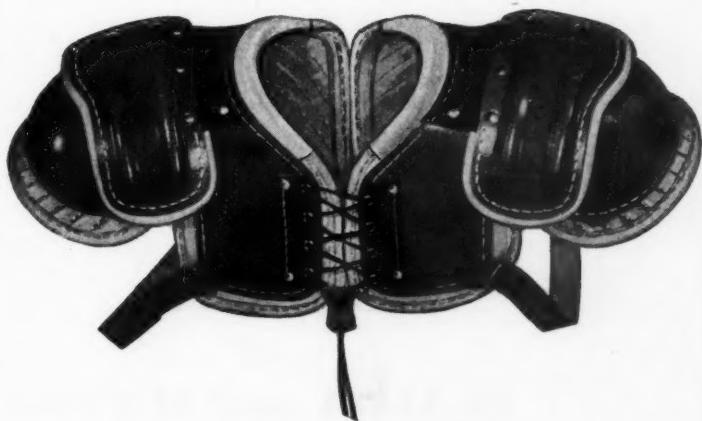
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John Doe

For a score of years Athletic Directors and Coaches have done a grand job prescribing mass sports for building up the health and character of the youth of our nation, as well as inculcating a spirit of team-work and fair play.

In these trying days, when fitness, alertness and initiative are of paramount importance, our nation appreciates more fully the work you have performed during the past years.

To those who are serving with the Armed Forces, we wish the same success in your new field as you have enjoyed in the past. Wherever you are, and wherever you may be, we wish you luck and a safe return, with thanks for a job well done.

THE P. GOLDSMITH SONS INC., Athletic Goods Manufacturers CINCINNATI, U.S.A.

Keep 'em Playing

School Sports

ONE of our grass-roots philosophers once remarked that any old horse can roll over in the morning, but it takes a thoroughbred to do it after a hard day's work.

So, too, does it go with our school athletic departments these days. Any athletic administrator can produce a good program where plenty of money, adequate facilities, and experienced personnel are available. The real test comes in an emergency such as we now have when, despite decreased operating costs and short-handed staffs, we must meet a demand for an expansion of activity.

The present need in school athletics is more than "business as usual." It is for "more business than usual."

The problem cannot be solved with ordinary measures. It takes extraordinary effort. Adversity breeds courage and strength. It gives the leader a chance to prove his ability to lead; to prove his strength and courage.

The times demand a physical program that will reach every student in high school. It must be produced with or without proper tools, or adequate teaching staffs, or rubber for playing equipment, or school bus tires.

A way must be found—with the assistance of priority departments, if possible, without it, if necessary.

Here are a few developments that are promising, though straws in the wind:

A group of California schools cannot transport their teams any great distance because of priority limitations. Less determined men would be discouraged and cancel interscholastic schedules.

But not this group. For next year, they have drawn up interscholastic schedules for groups of two and three closely situated schools. Each school will provide three interscholastic teams instead



By H. V. Porter

of one—the traditional varsity.

In Illinois, a group of schools operate a mass basketball tournament in which each school enters an A team, a B team, and a Freshman team. Each team competes in its own class, but the tournament winner is determined by a point system based on the accomplishments of all three teams from each school.

A school in a metropolitan area recently staged a physical training demonstration in which 2,000 students participated.

Another has made it compulsory for every able-bodied student to participate in some form of track activity.

An Iowa high school uses one corner of the athletic field for obstacle racing, which includes fence climbing and trench jumping.

State athletic associations which have been lax in requiring physical examinations for all athletes are becoming active. Those that have been requiring only a physician's statement are now interested in a definite and comprehensive card form.

This, in turn, is leading to a thorough examination for all students—a long overdue development.

In the Ozarks, a group of overall-clad high school boys in a marginal school district are practicing the discus throw with a stove lid. They

in War Tempo

put the shot with a 13-pound cog-wheel from an old corn sheller.

The National Federation is urging all schools to keep their athletic plants open this summer.

Philadelphia has taken the lead in opening idle school athletic facilities to the public. The Board of Public Education has appropriated \$100,000 for a "Keep Physically Fit" program for potential selectees and men and women engaged in special war-time capacities.

The course covers a six-week period of concentrated training and instruction, for which administrative personnel is being furnished by the school board. Evening classes are held in the local school gyms from 7:30 to 10 o'clock on Mondays through Thursdays. Each individual attends two sessions a week.

Two New Jersey high schools, unable to hold their dual track meet because of lack of transportation, ran off thirteen events on their home fields and exchanged results by telephone.

Yankee ingenuity is not dead. Determination thrives on adverse conditions.

Each community and each state has local problems. But none is beyond solution. The times demand a physical fitness renaissance. It ought to come under the direction of established school administrative machinery.

If this is not geared to fit current needs, the rebirth will still come—but not under non-political supervision.

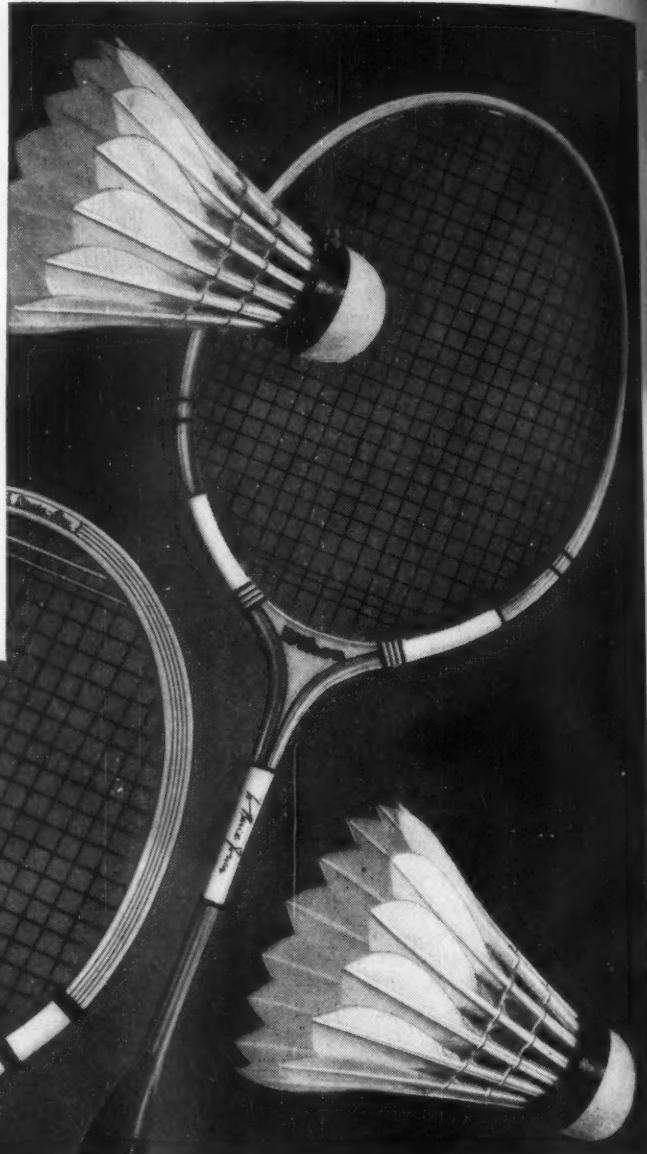
Naturally, we don't want to see this happen. Being closest to the problem, the physical education profession knows best what sort of program is needed and in what manner it can be administered. If new tools are needed to attain the desired objectives, our educators should be forging them now. This is a responsibility they owe to the country, the students and themselves.

TENNIS AND BADMINTON ARE WARTIME SPORTS

Physical fitness is a wartime necessity! Our government and the American Legion recognize this in their programs of physical fitness for the home front. Our Army and Navy and Air Corps recognize it in their toughening-up schedules for the recruits who are to man our planes, tanks and ships.

Leading coaches and trainers are including tennis and badminton in civilian "toughen-up" programs for young and old.

These are games the whole family can enjoy from the start. Strenuous enough and lots of fun. Those who have played them intermittently before should start playing regularly now. "Keep fit to help Uncle Sam keep fighting." That's the *old spirit*.



FINEST TENNIS AND BADMINTON EQUIPMENT!

Wilson Tennis Rackets, designed, endorsed and used exclusively by great professional and amateur stars, have set a high mark for quality and performance. Wilson Badminton Rackets benefit, too, from Wilson's expert experience.

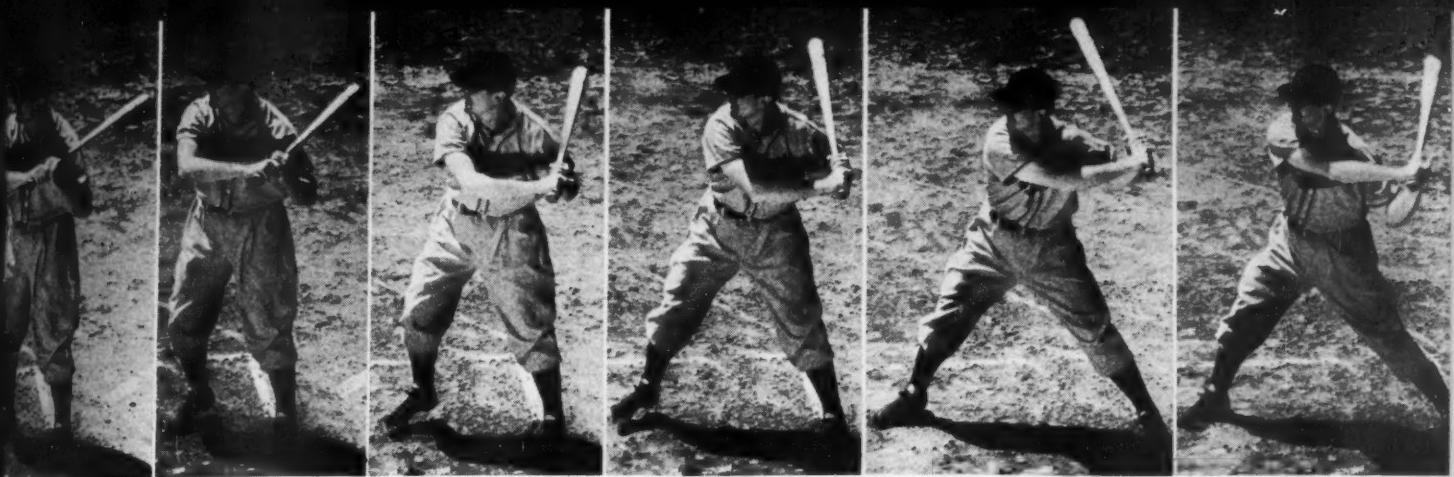
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Courtesy of National League Film, *Safe At Home*, and Ethan Allen

A PICTURE OF THE BATTING SWING

ALTHOUGH batting may be classified as a natural skill, the adage that "a boy can hit or he can't" isn't wholly true. If it were, coaches would have less gray hair in their heads. They could sit back and take a fatalistic attitude toward the thing.

Some boys admittedly are pretty futile at bat. There are others, however, who, while owning unimpressive batting averages, have the latent ability. These are the talents that must be fructified.

That is why it is so necessary to understand the generally accepted mechanics of batting. They enable you, first, to eliminate faults in a naturally good batter and thus realize on his potentialities; and, second, to train nearly everybody to be better hitters, if not good ones.

Unfortunately, there is no magic formula. The only way to learn to bat is to bat. So see that every boy gets his daily quota of "cuts." If the boy is a hitter, don't tinker with his form. That is, unless you're certain you can help him.

As a rule, don't pick his bat for him. The player himself should do

the picking. He must select a bat that feels good, then fit his grip and stance to it.

Nick Etten
(Philadelphia Phils.)

The hard-hitting Phils first baseman takes his stance in the rear-most part of the box, with his feet fairly close together and the front member more to the outside. He takes an unusually long step and, on this outside pitch, hits off a stiff right leg. Judging from the position of his head after contact, he has poked the ball into left field.

The player has a choice of three grips. There is the end, or slugger, grip in which the player wraps his hands flush against the knob of the handle; the choke grip, where the player's hands are several inches from the end; and the intermediate grip, a compromise between the two.

For all-around purposes, the latter is recommended. However, if the player is powerfully built and can whip the bat around very fast, he may use an end grip. If the player is on the lightweight side and is a

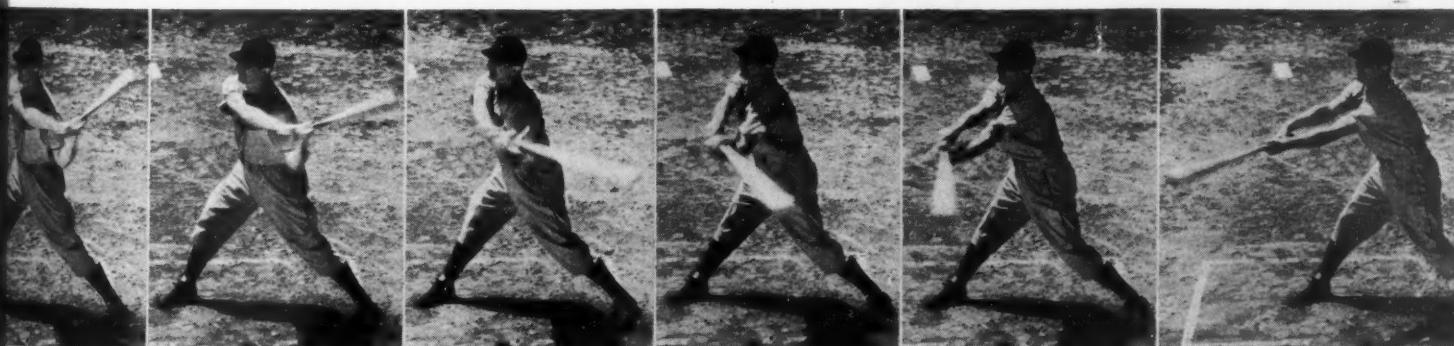
puncher rather than a swinger, he may find the choke more advantageous.

Ever since Babe Ruth showed how easy it is to hit a home run, high school boys have gravitated toward the slugger grip. The results generally have been bad. Most of the end grippers are handcuffed by fast ball pitching. Their timing is off because they can't bring the bat around fast enough. You can help by suggesting that they shorten up their grip, or change to a lighter bat.

In any light, the hands should be together on the bat with the knuckles pointing away from the body. The grip is light. This relaxes the muscles and helps get the wrists into the swing.

A good stride and swing stems from a comfortable stance. So make sure the boy is properly set in the box. See that he sets himself a little nearer the rear of the box than the front, close enough to the plate to reach any pitch on the outside corner.

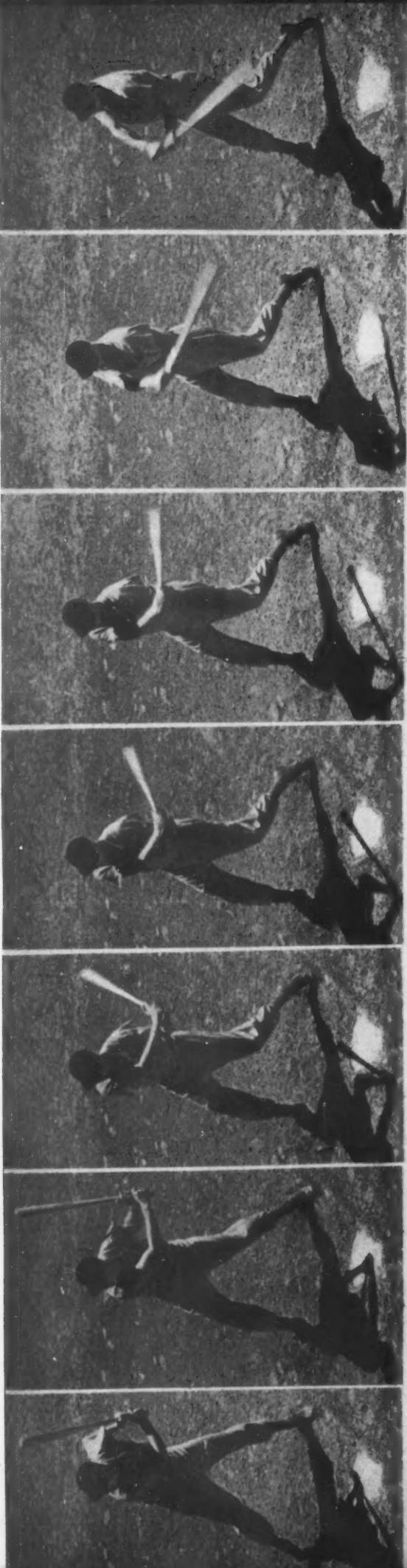
The feet should be spread about shoulder-width apart, with the front



Courtesy of American League Film, *The Ninth Inning*, and Lew Fonseca

BELOW: Maurice Van Robays, Pittsburgh Pirate outfielder, who was one of the rookie sensations of the 1941 season. The pictures catch him reaching for a low one. His stance is beyond reproach: shoulders and hips are perfectly level, the bat is away from the body and back, and the weight nicely distributed. As he steps toward the pitcher, he lets his knees lower him to the ball. This enables him to whip the bat around parallel to the ground. Had he remained erect, he would have had to swing down on the ball. He meets the ball out in front and comes out of the box by stepping with the rear foot. In all these strips, it is particularly worthwhile noticing how these great batters keep their heads steady and their eyes glued on the ball.

ABOVE: The greatest slugger in baseball, Ted Williams, who batted a gaudy .406 for the Boston Red Sox last season. He is one of those rare birds who really is "loose as a goose" at the plate. The strip starts with Ted just about to bring his bat around after having taken his step. Note the peculiar tilt of his left elbow, and how he has pivoted slightly inward. As he unwinds himself—throwing all his power into the swing—the elbow comes down and the wrists whip into the ball. The elbow passes so close to his body that he appears cramped in the sixth picture. But this is a photographic distortion. He meets the ball at just the proper point in front of the plate and follows through beautifully in the direction of the hit (12th picture).



stepping with the rear foot. In all these strips, it is particularly worthwhile noticing how these great batters keep their heads steady and their eyes glued on the ball.

plate and follows through beautifully in just the proper point in front of the direction of the hit (12th picture).



Courtesy of National League Film, *Safe At Home*, and Ethan Allen

foot a little closer to the plate and slightly toed out. The weight is mostly back.

Don't let the player crouch. Teach him to stand fairly erect with the shoulders and hips level and the trunk inclined slightly forward. The knees are relaxed—flexed rather than stiff.

The good hitters hold their bats back, but never let them rest on the shoulder. At the same time, they keep their elbows away from the body. The left arm (for right-handed batters) is fairly straight; the right elbow closer to the body and pointing downward.

When held correctly, the bat is slightly above shoulder level with the forward hand almost on line with the back shoulder.

Now take a look at the pictures of Ted Williams. You'll find that his left elbow is as far from his body as he can get it, his forearm parallel to the ground, and the bat sticking straight up into the air! This definitely outrages every principle of good form, but Ted and his .406 average is hard to laugh off.

Many other great batters have similar idiosyncrasies, but if you analyze their form in moving pictures, you'll see that they make adjustments by the time the ball is contacted. Williams' elbow, for example, starts coming down with the pitch so that by the time the bat is halfway around, his form is quite normal.

A particularly valuable point to stress at this point is the importance of keeping the bat steady while awaiting the pitch. Many players waggle their bats indiscriminately. The habit throws the batter off balance, and often produces hindering movements of the arms and head.

The step

As the pitcher delivers, the body is turned slightly inward and the bat gradually brought back until the arms are well away from the body. The batter then takes a short low step toward the pitcher with the front foot. This is a slide more than a step, with the spikes just clearing the ground. At the same time, the weight starts coming forward.

That's all there is to the step. But it's here that many batters go astray. The faults to watch for are: dipping one shoulder lower than the other, lifting the stepping foot high off the ground (Mel Ott offends on this score), stepping back with the rear leg, dropping the elbows, stepping into the bucket (remember Al

(Concluded on page 23)

State High School Basketball Tournaments, 1942

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SCHOLASTIC COACH

MAY.

Offense Used by Champions	Defense Used by Champions	Total Attendance During Tournament	No. of Schools (teams) in Final Championship Tournament	No. of Schools Competing in State Association Basketball During 1941-42 Season	Season Record Won—Lost	Coach	Winner
Fast break throughout.	Man-to-man with emergency variations.	2,000	16	300	16-3	S. C. Purch	Chilton
Fast break; when slowed down relied on set screen plays.	Man-to-man, picking up as opponents crossed into scoring territory.	3,600	16	60	26-1	B. C. Doolen	Tucson
		6,000	16 In each class	486	A—30-0	Mort Hutto C. E. Medley	A—Jonesboro B—Marshall
NO STATE CHAMPIONSHIP IN CALIFORNIA							
Conservative, double pivot.	Tight man-to-man.	12,080	24	222	Both unbroken	A. L. Montgomery R. G. Wairath	A—Longmont B—Las Animas
Naugatuck used a fast break, shooting from all angles.	Opponents picked up well down the floor and pressed closely, man-to-man.	18,000	14 12 15	192	16-6 18-4 20-6	Pete Foley John Knecht John La Castro	A—Naugatuck B—Brantford C-D—Old Saybrook
NO STATE CHAMPIONSHIP IN DELAWARE							
Fast break averaged 45 points per game.	Man-to-man.		16	260	27-2	Lyles Alley Rudy Grossman	A—Miami Se; B—Homestead
Both B and C winners used single-pivot set offenses.	B and C champions both played man-to-man	2,400	11 10	410	C—26-2	A—Tom Porter B—D. B. Carroll	A—Lanier B—Canton C—Stillson
Poatello varied a 5-man offense with set plays, a fast break, and a single pivot post attack.	Man-to-man.	5,000 3,000	In each class	170	Rib Gedhill Gene Peterson	A—Poatello B—Ucon	
Fast break with much two-hand long distance shooting.	Man-to-man, pressing all over when behind.	47,264	16	917	39-6	Art Trout	Centralia
Both fast and slow breaks, with 3 tall men working in corners and in front of baskets.	Sliding man-to-man with some shifting on screen plays.	30,000	4	800	19-1	Marion Crawley	Washington
Set offense with screens adapted to defense.	Shifting man-to-man with some zone principles.	23,000	8	923	29-1	E. J. Kaltenbach	Ottumwa
Double pivot-post against man-to-man, with occasional pressuring at center line.	Straight man-to-man, with occasional pressuring at center line.	32,000	In each class	666	32-1 32-1 21-3	Frank Lindley Alan Burns J. Dave McGill G. A. Haury	A—Newton B—Fredonia C—Halstead
Fast break, deliberate with set plays, or long shot game, depending on defense.	Man-to-man, clearing in when opponent gets ball, falling back to protect middle when he gets rid of it.	20,165 (paid)	16	530	18-1	Maurice Jackson	Lafayette
				32	395		A—Holy Cross B—Peasant Hill
		12,000	16 8	200		A—Jim Fitzpatrick	A—Portland B—Falmouth
NO STATE CHAMPIONSHIP IN MARYLAND							
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SURVEY OF VARSITY HIGH SCHOOL SPORTS

By Stephen Epler

Stephen Epler, of Southern Oregon College of Education, nationally known as the father of six-man football, is chairman of the newly formed national six-man rules committee. His sweeping survey on interscholastic sports is based on reports from the secretaries of the state high school athletic associations.

THAT six-man football is definitely established in the family of major sports is proven by the latest nation-wide survey on interscholastic athletics. The scion of regulation football is now our sixth-ranking high school sport.

Only basketball, track, baseball, tennis, and eleven-man football surpass it. Sports which have been left behind include soccer, boxing, wrestling, swimming, golf, hockey, handball, volleyball, and lacrosse.

Back in 1934, on the wind-swept prairies of Nebraska, twelve boys demonstrated that six-man was practical. Today, eight years later, a quarter of a million boys are playing it.

About 30,000 of these are on the squads of the 2,300 high schools having interscholastic schedules. Another 100,000 play it intramurally in our junior and senior high schools. One city system in Pennsylvania reported 1,000 boys participating in six-man. Manhasset High School (New York) finds intramural six-man a great developer of talent for the varsity eleven as well as lots of fun for 90 boys.

A second 100,000 come into the six-man picture by way of playground, YMCA, boy scout, and club teams. The recreational and park departments of many cities organize and supervise six-man teams. The Honolulu YMCA has taken the lead in stimulating the several hundred barefoot teams which play in Hawaii.

This leaves 20,000 of our quarter of a million to be accounted for. This number, and more, can be found in grade schools, colleges, universities, and independent groups.

The University of Minnesota has a six-man intramural program with several times as many playing as are on its famed varsity squad. At the scholastically minded University of Chicago, six-man is the only football. Stanford University, Rose Bowl winners in 1941, paid the game a tribute by presenting a six-man demonstration between the halves of one of its games.

Southern Oregon College of Education was the scene of a hotly contested intramural race, while several dozen smaller colleges have intercollegiate six-man on their athletic programs. Lambuth College in Tennessee, normal schools in Maine, and junior colleges in Iowa and Oklahoma are a few that could be named.

How does six-man compare with other sports? Let us limit this comparison to the 19,000 high schools which reported one or more interscholastic sports in our survey of all the states.

About twelve percent of these, or 2,288, have interschool six-man, while forty-two percent (8,037)

A complete picture of the status of all interscholastic sports in the United States may be found in Mr. Epler's table on pp. 14 and 15.

play eleven-man. The 1935 survey found only one school playing six-man to every fifty playing the parent game. Six years later, in 1941, this ratio was one to less than four.

Six-man is more popular than golf; it is found in four times as many schools as is soccer; and it is three times as popular as interscholastic swimming.

This same survey found basketball by far the leading sport with ninety-five percent participation. Track is second with almost fifty percent participation; football third; and baseball, with one-third, fourth.

This is a nation-wide picture. Now let us analyze the statistics by sections. Here is what we find when we divide the country into six sections and compute the percentages playing these sports:

The Northeast—that is, the schools lying between Pennsylvania and Maine, is first in baseball and soccer, but trail all other sections in six-man and basketball.

The Southeast—Louisiana through Florida and Virginia, is high (but not the top) in eleven-man and basketball and is lowest in track and baseball.

The Middle States—Ohio through Iowa, are in the middle brackets in these sports.

Six-man football is now our sixth ranking game; basketball leads all

The Far Western States—Washington, Oregon, Nevada, and California, rank first in eleven-man (65 out of every 100 schools participating), swimming, tennis, and golf, but lowest in soccer.

The Northwestern states (Kansas through Montana) lead the nation in six-man. This area has two schools playing six-man for every three that play eleven-man. When you remember that the game started here, it is not surprising.

The Southwest (Texas, Oklahoma, New Mexico, and Arizona) leads in basketball and track but trails in golf.

Texas, with 189 interscholastic teams, takes the lead for states playing six-man. Minnesota, which was first in 1940, follows with 169. North Dakota, where over fifty percent play six-man, holds first place in percentage playing.

Arkansas takes first honors for gain over 1940 with an increase in six-man from five to forty schools. New York, Arizona, California, and Georgia all recorded gains of more than sixty percent in six-man.

Many football fans feared that eleven-man would suffer as six-man grew. Here are the facts. In 1935 when less than 200 schools played six-man, forty-two percent of all schools were playing eleven-man. In 1941, when over 2,000 played six-man, forty-two percent were still participating in the older game.

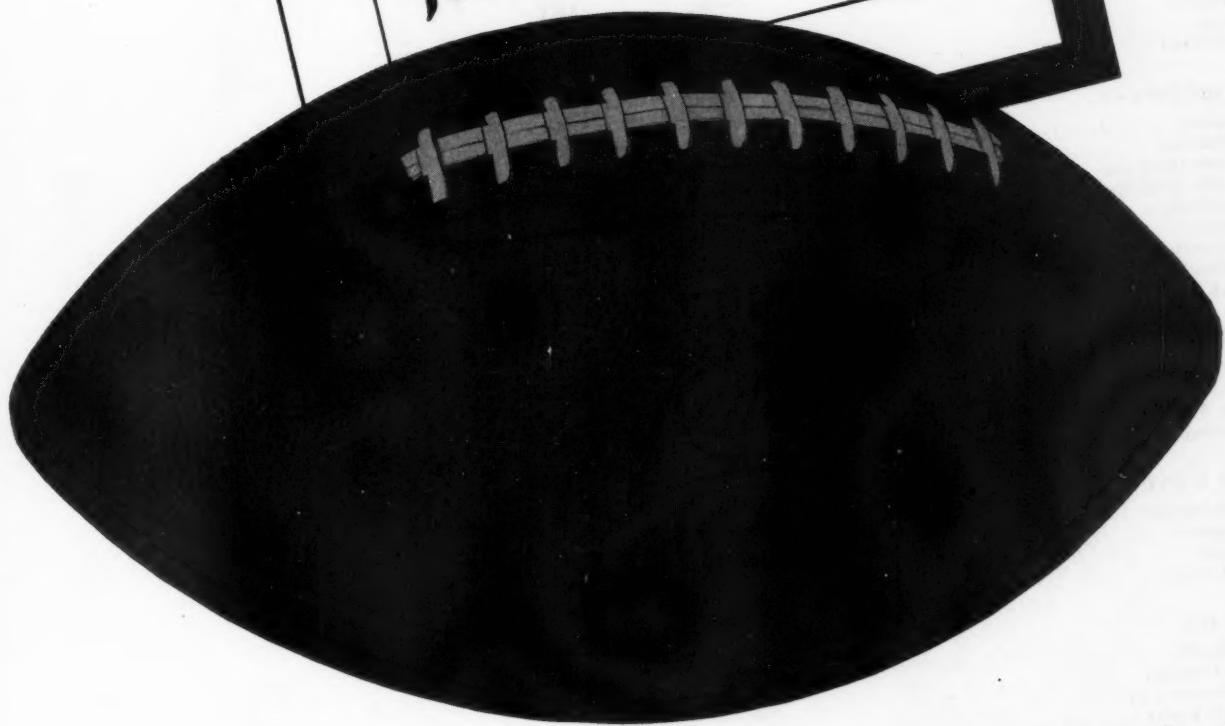
Of course, some schools have switched from eleven- to six-man and vice versa, but the six-man gains have come from the football-less schools. In 1941, for the first time in history, the percentage of high schools playing some form of interscholastic football (six or eleven) exceeded fifty percent.

Another perennial question is: which is safer, six- or eleven-man? Of the seven states that kept statistics for 1941, four stated that the ratio of injuries was less in six-man; two reported they were about the same; and one that the eleven-man ratio was lower.

Since the six-man schools are usually smaller, have inferior equipment, and less-experienced coaches, we might tentatively say that the six-man game is safer than the eleven-man type. In the meantime, the six-man rules committee will continue to try to make the game safe and still keep it football.

MAY, 1942

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INTERSCHOLASTIC SPORTS IN HIGH SCHOOLS

NUMBER OF HIGH SCHOOLS

State	Schools†	6-Man Football	11-Man Football	Basketball	Track	Baseball	Softball
NORTHEAST							
Maine	225	27	85	210	90	190	85
New Hampshire	106	16	42	92	38	42	5
Vermont+	111	5	23	90	27	30	..
Massachusetts**	168
Rhode Island	33	..	26	30	15*	20	..
Connecticut	101	8	75	102	20	55	..
New York	620	140	400	610	306	400	140*
New Jersey	200	25*	185	170	85	50	..
Pennsylvania	904	20*	530*	800*	420*	450	20*
Delaware	35	..	18	34	12	25	5
Maryland	188	2	5	140
West Virginia	219	15	150	218	251	81	49
SOUTHEAST							
Virginia+	226	20	75	238	100
Kentucky	555	11	110	525	97	121	2
Arkansas	494	40	265	475	50
Tennessee	426	20	175	413	50
North Carolina	335	45	90	300	40	100	..
South Carolina	283	75	200	250	75	50	..
Georgia	458	47	143	458*	381	45	60
Florida+	285	38	108	230
Alabama	325	20	260	300	40	200	10
Mississippi	530	25	200	500	75	35	100
Louisiana+	389	50	125	390	150	75	50
MIDDLE STATES							
Ohio	1152	95	429	1152	618*	721	..
Indiana	802	38	100	800	160	200	100
Michigan	740	75	425	740	350	600	350
Wisconsin	464	90	230	464	304	260	..
Minnesota	488	169	220	475	305	300	..
Illinois	920	49	279	920	376	150	..
Iowa	938	73	247	938	123	640	..
Missouri	769	33	158	750	200	35	250
NORTHWEST							
Kansas	675	89	334	666	482	300	19
Nebraska	572	112	207	552	400*	200	50*
South Dakota	315	71	72	315	201	20	..
North Dakota	225	125	100	220	75	10	..
Montana	211	75	48	172	126	30	43
Idaho	172	60	71	172	65	33	17
Wyoming	80	28	36	80	35	2	..
Colorado	226	60	88*	225	150*	5	100*
Utah	74	10	40	74	74	14	..
SOUTHWEST							
Oklahoma	737	38	226	732	167	266	217
Texas	1500	189	672	1493	1500*	..	9
New Mexico+	140	5	90	140	100	20	..
Arizona	67	11	41	67	40*	40	..
FAR WEST							
Washington	302	35	204	276	151	203	10
Oregon+	265	72	143	258	102	57	..
Nevada	33	7	12	29	12
California	370	30*	275*	370*	350*	125	175
TOTALS							
Northeast	2741	258	1539	2496	1258	1409	304
Percent	9.04	55.78	91.06	45.89	51	11.09
Southeast	4306	391	1751	4079	1058	626	222
Percent	9.08	40.66	94.73	24.57	14	5.16
Middle States	6273	622	2088	6239	2436	2912	11.15
Percent	9.91	33.12	99.45	38.68	46	264
Northwest	2550	630	996	2456	1608	634	10.35
Percent	24.70	39.05	96.31	63.13	24	226
Southwest	2444	243	1029	2432	1807	326	9.25
Percent	9.98	42.10	99.50	73.94	13	185
Far West	970	144	634	933	615	385	19.07
Percent	14.85	65.36	96.19	63.40	39	1901
Grand Total	19284	2288	8037	18635	8784	6292	9.96
Percent	100	11.86	41.68	96.63	45.55	32	..

*Approximate figures. +1940-41 figures. **Not included in total. *High schools in state association.

HIGHSCHOOLS OF THE UNITED STATES 1941-1942

OF HIGHSCHOOLS PLAYING

Baseball	Softball	Soccer	Swimming	Tennis	Golf	Hockey	Volleyball	Handball	Wrestling
198	85	5	13	42	5	12	4
42	5	8	..	21	10	15
81
..	..	5*	5*	14*	15*	10	15*
23	..	12	18	15	15	10	1
53	140*	150*	80*	280	210	50	60	12	150
40	..	60	40	60	35	15	75
58	..	150	75	175	115	3	125	..	80
45*	20*	7	2	7	2	8	8	1	..
25	5	180	2	30	..	25	185	15	..
..	49	..	3	10	13	14
..
121	2	43	20
..	20	20
..	25	20
100	30	20	10
50	30	75	10
45	60	..	10	190	29
..	..	42	75	71
200	10	..	2	45	4
35	100	25
75	50	..	25	200	25
..
727	35	142	165	48
200	100	..	20	100	60	20
600	50	250	150	6	20
260	350	6	60	178	140	32	200	60	49
300	33	75	90	37	27
150*	..	8	50*	114	85	49
640	10	64	83	35
35	250	12	20	35	15	..	250	..	26
..
300	19	..	7	178	54	20
200*	..	50*	5	60*	60*	10
20	35	35
10	10	10	25
30	43	1	3	25	18
53	17	24	9	..	5	..	9
2	2	10	2
5	100*	..	5	75*	10*	60*
14	10	76	5	11
..
266	217	..	4	91	26	..	26	..	35
..	9	1100*	600*
20	11	4
40	28
..
203	10	..	3	110	18	8
57	12	118	28
125	175	15	200	300	150	60	300	125	75
..
1409	304	585	238	666	413	153	382	28	335
51	11.09	21.34	8.68	24.29	15.07	5.61	13.94	1.02	12.22
626	222	0	109	703	219	0	25	0	10
145	5.16	..	2.53	16.33	5.09	..	0.58	..	0.23
2912	700	26	278	958	788	75	450	60	274
46	11.15	0.41	4.44	15.20	12.56	1.19	7.17	0.95	4.36
634	264	1	32	493	203	25	5	0	116
24	10.35	0.03	1.25	19.33	7.95	0.98	0.19	..	4.31
326	226	0	4	1230	30	0	626	0	35
134	9.25	..	0.16	50.33	1.23	..	25.61	..	1.43
385	185	15	215	528	196	60	30	125	83
39	19.07	1.54	22.16	54.43	20.21	6.19	3.09	12.89	8.56
6292	1901	627	876	4578	1849	313	1783	213	847
32	9.96	3.25	4.54	23.69	9.59	1.63	9.25	1.10	4.39



Official U. S. Army photo

HOW THE ARMY KEEPS 'EM FLYING

By Major M. D. Seil

THE physical training program of the Army Air Corps is predicated on the soundest developmental and educational principles of physical education.

It certainly is not geared to turn out a lot of big-muscle boys. Its objective, rather, is to develop aviation cadets with general good health, sharp coordinations, and superior physical and mental stamina.

The instructors encourage an esprit de corps and a pride in physical fitness. At the same time, they assist with research work on better methods of training and on detecting flying inaptitude. In the latter respect, the physical training directors cooperate with the Air Corps Medical Division and the School of Aviation Medicine at Randolph Field, Texas, the oldest and biggest of the basic flying schools.

In planning the program, the directors lay stress on as many different physical skills as possible. The more of these that are learned, they feel, the more superior will be the pilot. This follows the generally accepted theory that good physical education students make good pilots, all other things being equal.

Therefore, to develop endurance, coordination, and general good health the physical training directors, most of whom have masters degrees in physical education, have developed a program to relieve tension, promote relaxation, and develop rhythm and timing. The setup includes the following:

1. Calisthenics. These are condi-

tioning exercises which combine many different movements. They are similar to the setting-up exercises used in football training, and are always used for warming up before games.

The drills also serve as a check on cadets who don't like to play or "put out" in games, thus making certain they get their needed exercise. Calisthenics are particularly emphasized at some of the newer fields where physical training facilities have not as yet been completely installed.

2. Gymnastic dancing. One of the best exercises to promote coordination has been developed along this line. It is called the "Randolph Field Shuffle," and is based on the movements that are used to move the rudder and stick of the airplane.

A number of these exercises have been developed, all of which have splendid carry-over value. At some fields, rope skipping also comes in for much attention, with each cadet having his own rope.

3. Dual combat: sparring, hand wrestling, Indian wrestling, and tug o' war.

4. Relays and mass games.

5. Track and field events. As these require little equipment and accommodate large numbers, they are receiving more emphasis than ever before.

6. Swimming. At fields like Randolph, which have pools, swimming is emphasized in the summer. Dr. B. E Phillips, acting physical training director of the Gulf Coast Air

Corps Training Center at Randolph, says there is reason to believe that swimming and diving movements, properly executed, have good carry-over value for flying.

7. Tumbling. These activities give the cadet a sense of equilibrium—a vital requirement for flying—or at least enhance it. Some flight instructors believe this also helps reduce air sickness, particularly during the early stages of training. The Air Corps will soon adopt the plan now being used at the parachute training school at Fort Benning, Georgia.

8. The trampolene. This resembles a fireman's life-saving net, with a canvas strip inside a frame, joined by springs. Bounding through the air from the trampolene further develops the kinesthetic senses.

9. Fundamental motor skills. Such skills as jumping, chinning, vaulting, climbing, and running with quick changes of direction, are emphasized for coordination.

Records of the cadets are kept so that as much individual attention as possible can be given. At present, norms are being established for this purpose. Both exceptional and below-average students will be given special attention. The superior cadets will help train the others. In this way, the latter will not retard the progress of the group.

The program is keyed to stress conditioning at the pilot replacement centers and the primary schools, and to emphasize games and recreation.

(Continued on page 34)

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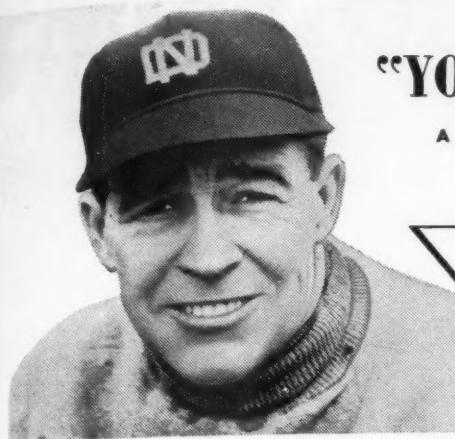
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I will keep my body clean, because I know cleanliness is essential to good health.

I will get plenty of sleep, because I know an alert mind and quick muscles depend on proper rest.

I will eat plenty of nourishing food because I realize the importance of building sound bone, muscle and nerve fibre.

I will develop my full strength and stature so that I may be worthy of a place on the varsity teams of my school and college.

I will be fair and helpful to others who have not had the advantages I have had.

I will defend those who are not as strong as I am—and contribute my part to those who are stronger than I am.

I will always put the success of my team ahead of my own.

I will keep my head up, win or lose, in the full realization that my own best effort, enthusiastically given, to the utmost of my strength, makes every day a victory day for me.

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THE magic eye camera catches the famous world's record holders in action at the 1941 National A.A.U. meet.

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As the left leg comes down, the right arm goes back and the rear leg snaps over speedily so that there is no break in the rhythm of the stride.

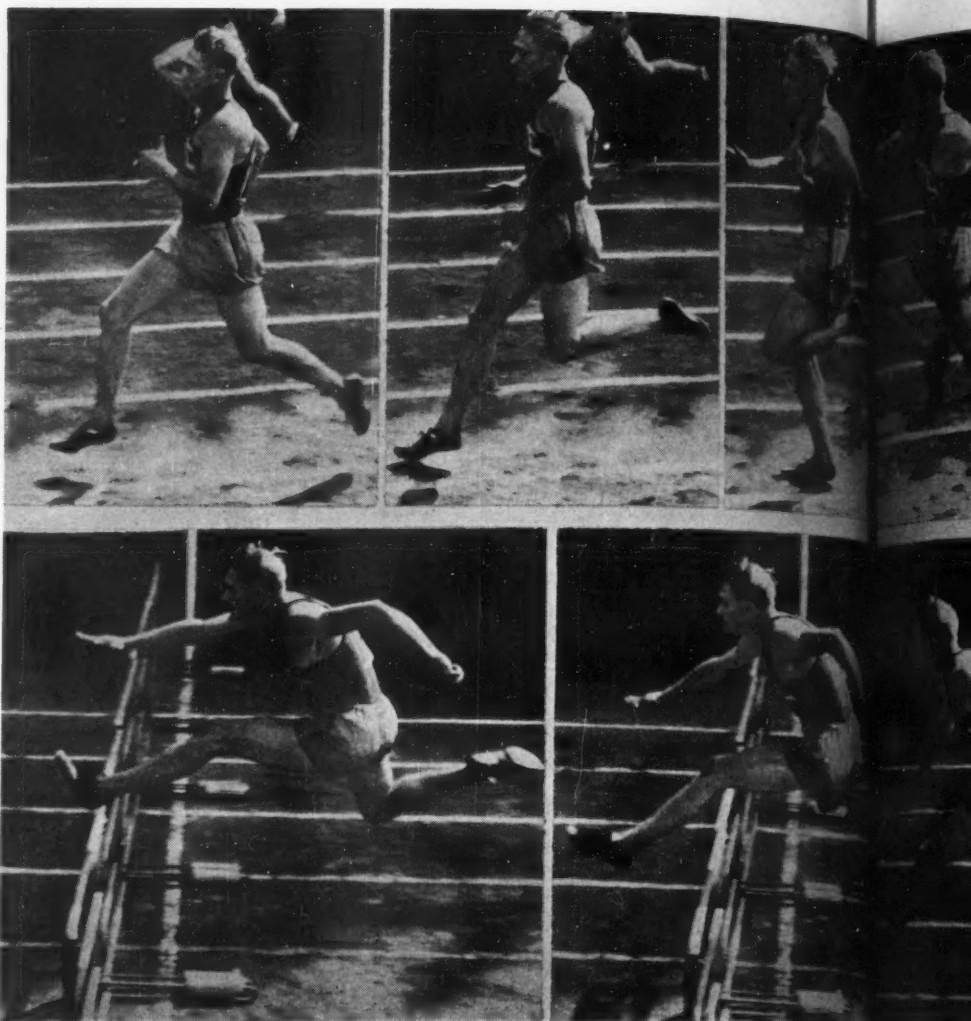
Les Steers, who has cleared 6 ft. 11 in., takes flight with a belly variation of the Western roll—a style popularized by such famous jumpers as Ed Burke, Marquette, and Dave Albritton, Ohio State. He builds up speed with long powerful strides, and hits off his left leg. At this point, it is interesting to note his peculiar backward body lean (fourth through eighth pictures).

His right leg is swung straight up. As it goes over the bar, Steers rolls his body and whips up his left arm.

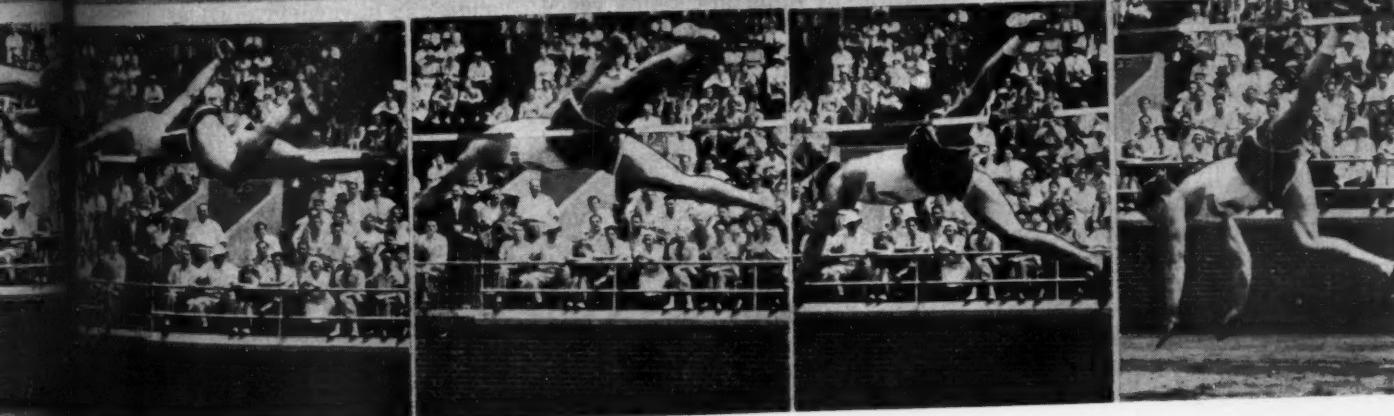
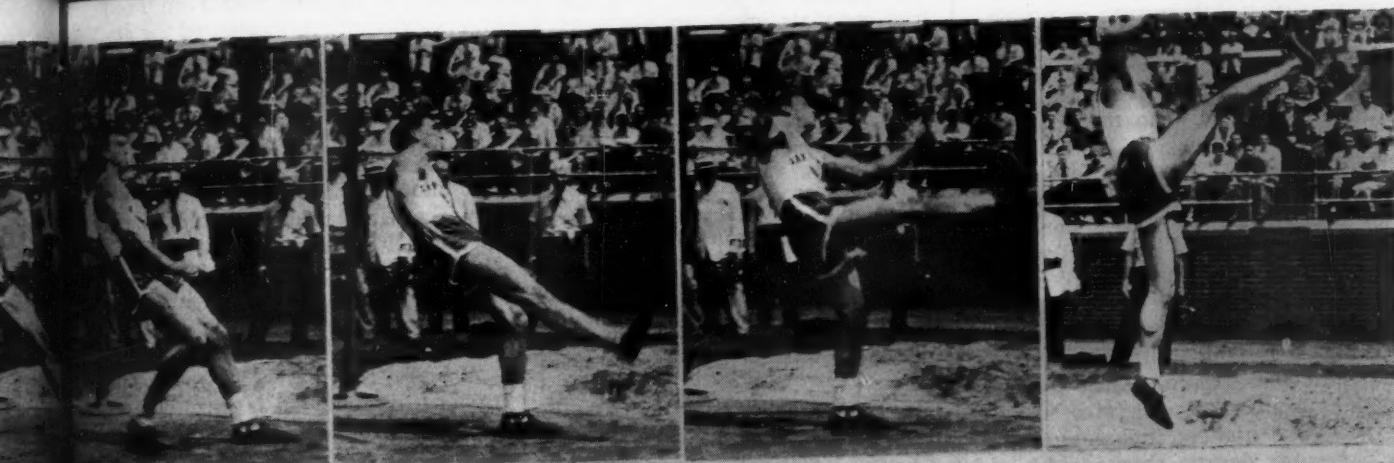
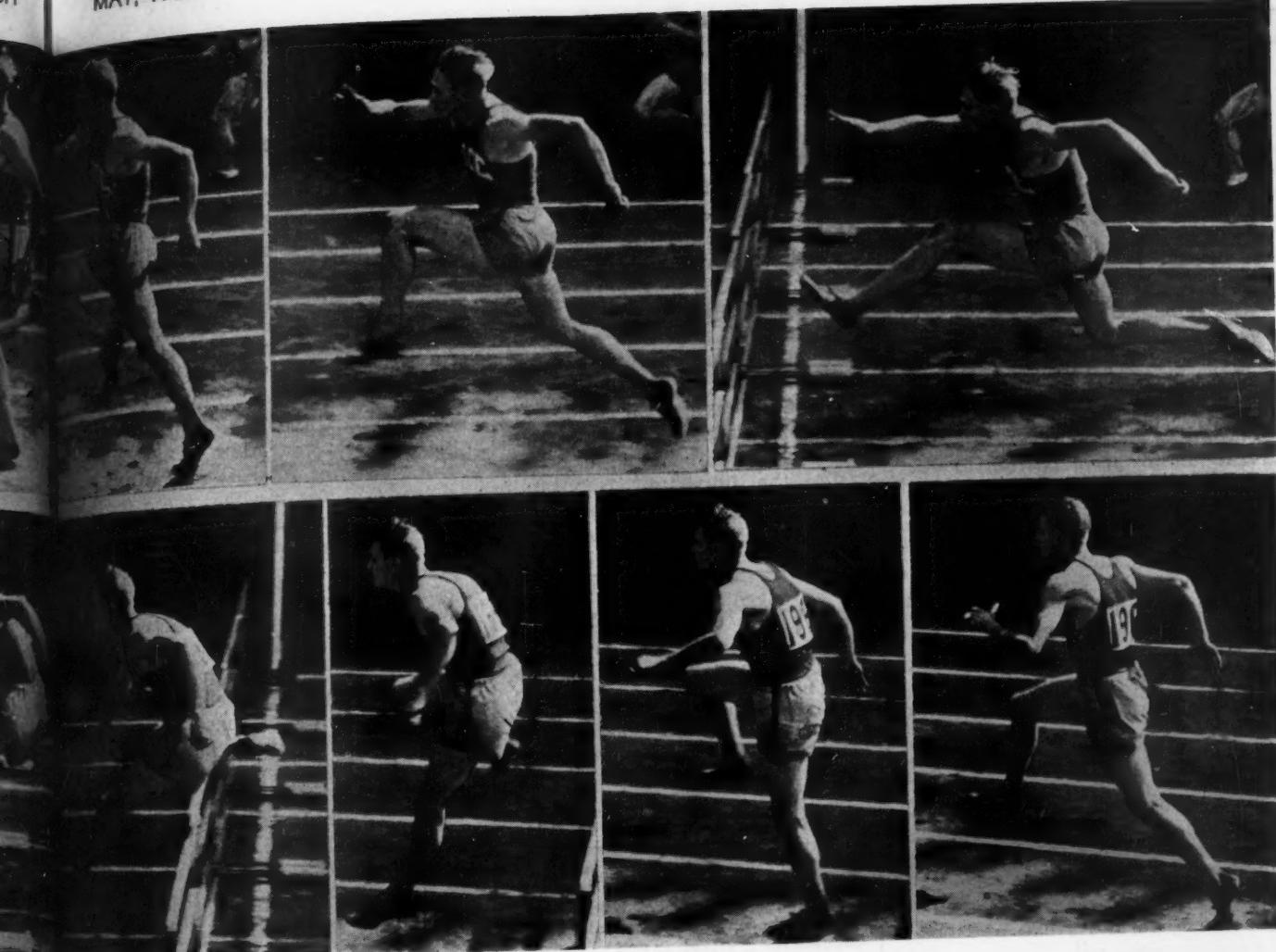
LES STEERS

By the time he lays out (12th picture), the left arm is almost on a straight line with his right leg and his belly is flat over the bar.

The left leg, which has been snapped up, crosses the bar only after the jumper is on the way down. The landing is effected on the right foot. In the pure Western the side rather than the belly lays out over the bar.



MAY, 1942



DO YOUR BOYS STARVE WHILE THEY EAT?

By G. C. Thomas

One of the greatest all-round athletes in Butler University history, G. C. Thomas took over the athletic directorship after graduation, served several years, and then joined General Mills, where he is now vice-president and director of products control. He is also a member of the Committee on Food and Nutrition of the National Research Council.

WE HAVE learned much during these war years about the need for better living habits, particularly the importance of proper nutrition to our national welfare.

Anybody who questions the crying need for better nutrition is referred to Brigadier General Hershey's report that among the first million and a half men examined for military service, 380,000 were found unfit. About a third of these rejections were due either directly or indirectly to nutritional deficiencies.

Nutritionists have come to realize that because of a lack of popular knowledge on nutrition a surprisingly large number of consumers are actually "starving while they eat."

In an effort to get at the actual facts, the Federal Bureau of Home Economics conducted a nation-wide family survey, the results of which were published early in 1941. This survey showed that, while we had an abundance of food available, as a nation we were by no means well fed.

The survey indicated that approximately one fourth of the families in the United States were on diets that could be rated "good," more than one third on diets rated "fair," and another third on diets rated "poor."

While it is true that most inadequate diets are found in the lowest income group, they are also found in the very highest income groups to a greater degree than would be expected. This would indicate that purchasing power is not solely the cause of this alarming condition.

In recent years, science has found that diets are often dictated by customs, personal food preferences, and the standard of living, all of which have frequently resulted in methods of food preparation and processing that have been destructive to the protective food elements, such as vitamins and minerals, which are natural to many of our foods.

For example, the consumer's demand for white sugar has resulted

Quantity alone is no guarantee of a nutritive diet; the home training table must have quality as well

in a product which is practically devoid of vitamins and minerals. Vitamins and minerals are also lost in the refining processes of fats and vegetable oils. It now develops that the pasteurization of milk destroys to a certain degree some of the important vitamins natural to milk.

The consumer all too often furthers, unknowingly, this destructive process in the preparation of fruits and vegetables in the home. For example, the important B vitamins found in vegetables are practically destroyed by the use of soda in the

DIETARY GOLDEN RULES

RULE NO. 1: A sound foundation for buoyant health can be built with seven ordinary foods: milk, meats, sea food, eggs, green vegetables, fruit, and bread with adequate vitamins.

RULE NO. 2: If at all possible, see that every day you get at least: a pint of milk for some Vitamin A, some of the B vitamins, protein, and plenty of calcium;

Enriched bread or biscuits or whole wheat bread or whole grain cereals for B vitamins and minerals;

A tomato, an orange, a grapefruit, or their juices for plenty of Vitamin C;

A big helping of green leafy, or sometimes yellow, vegetables, raw or lightly cooked for additional Vitamin C and A, and minerals;

Eggs or lean meat or sea food for protein, several B vitamins, and iron;

An apple, a peach, a pear, or other fruits in season for additional minerals and vitamins.

RULE NO. 3: Unless your doctor has put you on a diet, eat anything else you like, including the necessary fats.

cooking water. The use of large quantities of water in cooking vegetables, followed by a draining off of the water and a discarding of it, has caused a loss of water-soluble vitamins and minerals. We now know that this cooking water should be saved and used for soups, gravies, etc.

In the field of cereals, refining processes necessary to meet the demand for white flour and white bread have removed substantial and valuable vitamin and mineral factors.

As a result of such findings, the Government requested that a Board

on Food and Nutrition of the National Research Council be organized to provide scientific guidance for a national nutrition campaign. This Committee has studied and will continue to study many important groups of foods and their contributions to an adequate diet.

The Committee recognized that white flour and white bread demanded consideration before any other class of food, if for no other reason but for the fact these foods contribute more calories to the American diet than any other. Then, too, white flour and white bread are almost universally consumed, and, as the most economical of energy foods, they are available to all.

As a result of the newer knowledge of nutrition, facts have been developed with reference to the important part vitamins and minerals play in adequate nutrition, not only in the prevention of deficiency diseases but, and perhaps even more important, in the maintenance of buoyant health. In discussing these developments, Dr. W. H. Sebrell, who, as Surgeon, United States Public Health Service, is a Federal representative on the Board on Food and Nutrition, has explained the objective of this Committee as follows:

"We are directing our attention to devising a program which will solve once and for all the problem of continuously getting into the American diet enough Thiamin (Vitamin B₁), enough Riboflavin, enough Niacin (previously known as Nicotinic Acid, another important vitamin of the B complex), and enough Iron to prevent the development of these deficiencies.

"I feel that the proper way to approach this problem is through dietary means and not through the use of vitamin pills or tablets. These conditions have developed as a result of our improper handling of foods and should be corrected by changing the handling of our foods so that the vitamin and mineral contents are restored to a level which will be effective for this purpose."

It has been said that "Food will win the war and food will write the peace." You can be of great help if you will lend your assistance to the Board on Food and Nutrition and your government in their efforts to lead our nation into proper eating habits.

The Swing

(Continued from page 9)

Simmons?), and taking too big a step.

The bat should never meet the ball before or after the stride, but at the instant the weight passes the center line of the body. This is the timing part.

As the weight comes forward, the bat is whipped parallel to the ground with a loose action of the arms and wrists. The ball is met in front of the plate with the full power of the arms, wrists, and weight.

After contact the bat should keep on going in a complete follow through.

The head, during the swing, is kept perfectly still. It acts as a sort of pivot for the swing. It is never jerked away from the ball. The eyes follow the ball from the time it leaves the pitcher's hand until it is hit or, as "occasionally" happens, is missed.

You can't hit what you can't see. So impress the boys with the necessity of keeping their heads steady and their eyes on the ball.

Following are a few general tips on batting:

1. Against fast-ball pitching, have the boy stand more toward the rear of the box; against "stuff" pitchers, more towards the front.

2. Whenever a boy's timing is off, send him through a long batting drill with the pitcher tossing nothing but straight fast balls.

3. When the infield is playing in, it is advisable to assure contact rather than take a hard cut.

4. Have the boy swing a few bats before stepping into the box. It will make the bat used seem lighter.

5. With a runner coming in from third, the batter coming up may guide him — signalling whether to stay up or slide. He should see that all paraphernalia are removed from the path of the runner.

6. After meeting the ball, the boy should drop, not throw, the bat at the end of his follow through. He should not carry it with him part way to first, as many boys erroneously do. The sooner he gets rid of the bat, the more speed he can generate.

7. Have the boys run everything out. A simple grounder or an easy fly, when fumbled or muffed, may be converted into two bases by alert base running. The boy shouldn't follow the ball with his eyes, as he runs to first. That's what coaches are for.

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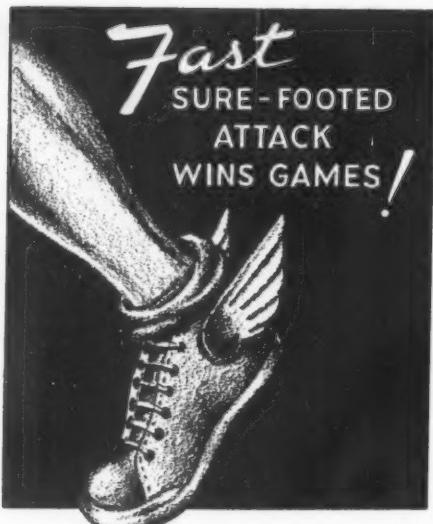
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OUTDOOR BADMINTON

By Hugh Forgie

With his partner, Ken Davidson, Hugh Forgie has toured the United States and England with a badminton act that has been seen by millions. He has coached several national men and women champions, written a book*, and appeared in several motion pictures and television.

COACHES who are considering the possibilities of badminton as an outdoor sport may be interested to know that more badminton is played outdoors than indoors.

During the past three summers, the sport has enjoyed a tremendous growth throughout the nation. In the Southeastern states and in California, there is at least one badminton court for every street in town. Los Angeles, for example, has approximately 3,000 courts; Atlanta, 1,500; Chattanooga, 800; Shreveport, 1,200; and St. Louis, 1,000.

In nearly every part of the country, you'll find badminton courts on lawns, in backyards, etc. An outdoor championship is contested in St. Louis every year, but as yet this has not become national in scope. The national, state, and local championships are all played under roofs.

Difference in atmosphere

Generally speaking, the chief difference between outdoor and indoor badminton lies in the attitude of the players. The indoor game, as a rule, is played in spirited competitive fashion. In outdoor competition, on the other hand, a picnic atmosphere generally prevails.

The players seldom take themselves seriously. A cartoon showing a player with a racket in one hand, a hot dog in the other, and a bottle of pop on the sideline, wouldn't be far off. True, the outdoor game offers the sunshine. But, to compensate, playing conditions are less than ideal. The foot surface is inferior and tricky air currents raise hob with the bird. This, in turn, discourages sustained rallies and makes for a less strenuous game.

Most people do not know that the flight of the shuttlecock varies with atmospheric conditions. When the temperature is low, the shuttlecock is slow. In a warmer temperature, the same bird speeds up.

Now a shuttlecock has a specific job to do. When struck with a full underhand stroke by a player of average strength standing on a back boundary line, it should fall not less than a foot, and not more than two

feet six inches, short of the other back boundary line; when straight and at an upward angle. This is the normal speed, or pace, of a bird.

So many speeds are manufactured that you can obtain a bird properly suited for the conditions under which you play. The indoor bird weighs between 74 and 81 grains; the outdoor shuttle is anywhere from 25 to 45 grains heavier. The added weight, of course, is intended to offset wind resistance as much as possible.

Insofar as actual technique is concerned, the same skills apply—with one major difference. In outdoor play, there is a difference in timing. An adjustment must be made for the swerve or curve of the bird, depending upon the prevailing air currents. For this reason, you may expect more errors, especially in regard to outs.

As a result, there are fewer sustained rallies. All this tends to make the outdoor game less strenuous.

A shuttle in flight, in indoor play, spins and comes off the racket at a right angle. It travels in a straight line until it loses momentum and then commences to fall almost perpendicularly. Outdoors, however, the breeze may curve the bird one way or the other. Although quite some skill may be developed, true accuracy rarely is obtained.

Where there is an exceptional breeze, such as near a seashore, you may use a special bird with a rubber-capped base. While weighing some 200 grains, or two and a half times the weight of the indoor bird, they are much faster in flight. They alter the game considerably. The player rarely can afford to take a full swing, as the bird is easily hit over the base line. He must use either a choke grip or a shorter swing.

When employing this rubber base the player shouldn't use his good racket. The weight of the bird wreaks havoc on the gut and frame.

However, the average outdoor player leans backward in this respect. He uses a racket of too inferior a quality. Many outdoor players would get more fun out of the game with better rackets than they now use. The indoor player doesn't offend so much on this score.

* Mr. Forgie's book, *You Can Play Badminton*, may be obtained free of charge by writing to General Sportcraft Co., 232 Madison Ave., New York, N. Y.

SAVING YOUR LEATHER GOODS

THE wise equipment room manager will pay more attention than ever before to his leather goods. Now that increasing quantities of leather are being diverted to the Victory Program, the leather you have will have to go a longer way.

Genuine leather, you must remember, is an organic substance. The preservation of its strength and appearance depends upon the periodical restoration of certain necessary oils which normal exposure to the elements has removed.

The wear you can expect from leather, like the service you can expect from your automobile, is largely dependent on the care you give it. The life of any leather can be greatly prolonged by observing three simple but important rules:

Three little rules

1. Keep leather clean so that the pores are not clogged. In shoes this is not only important for the leather's sake, but for the athlete as well. Leather which does not "breathe" will cause drawing of the feet and excessive perspiration.

2. Never allow leather to become wet any more than is absolutely necessary, and never dry leather near a stove or other source of heat. Wipe off and dry at room temperature.

3. Keep leather well lubricated. As long as the fibers are properly lubricated, they will slide on one another without producing excessive friction.

If the leather is not properly lubricated, it becomes stiff and the fibers will gradually grind themselves to pieces whenever the leather is flexed. The better the leather is lubricated, the longer it will wear.

The lubrication of leather has always been a serious problem. Many of the old lubricating agents tended to spoil the appearance of the article, as well as to work out and soil clothing.

Neatsfoot oil, for example, while still in common use, is not a satisfactory dressing. It has the disadvantage of penetrating very slowly and becomes sticky where it can't sink. As it is also a poor waterproofing agent, it should not be used on the better qualities of leather goods.

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(Concluded on page 35)

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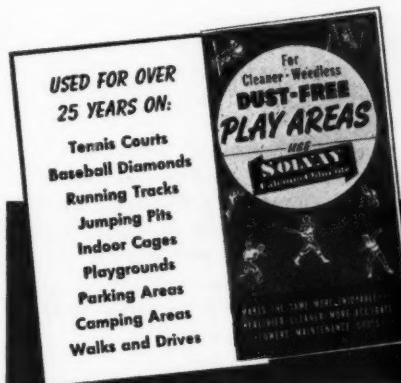
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TEACHING ELEMENTARY SWIMMING

By H. S. DeGroat

Behind the H. S. DeGroat method of teaching elementary swimming lies 22 years of summer camp experience. The author is baseball coach and director of athletics and intramural sports at Springfield College.

IN SO FAR as sports are concerned, the philosophy of sound pedagogy is universal. It is perhaps best summed up in Knute Rockne's famous avouchment: "There are four things to do in teaching—tell 'em, show 'em, let 'em try, and correct 'em."

Aristotle himself couldn't have improved on that. The four points which Rockne so sententiously expounded may be observed with profit by the entire coaching profession, whether you're coaching football, quoits, or table tennis.

In this treatise on beginning swimming, we're going to assume that you know the technique of the stroke: how to cup the hands, relax the ankles, etc. The emphasis will be on teaching these fundamentals.

One at a time

First, let us agree that only one movement should be taught at a time. The average boy cannot concentrate on two or three things at once. Often, while learning one thing, he may be doing something else wrong. At the time, it isn't necessary to correct these dissociated faults. Once the specific action is learned, they will usually disappear.

Next, let us agree that the progression should be unhurried. The best whole is the sum of strong parts. In swimming, the more time we take to implant each fundamental, the better are the chances for producing a superior stroke. Don't give too much at one time. If you do, the best you can expect is half-learned techniques.

Third, if possible do your teaching in shallow water. Fear is the strongest element you must combat. Where the boy knows he may stand up any time he chooses, your teaching task is facilitated.

By the end of the season, the boy should have a stroke that will enable him easily to swim a considerable distance at a reasonable pace. Distance work, with concentration on the perfection of the stroke, is the best teacher.

The back stroke may be taught along with the six-beat crawl, with-

To put across the stroke, you've got to tell 'em, show 'em, let 'em try, and correct 'em

out impeding the boy's progress. But if other strokes are attempted before the basic stroke is set, the final result will be unsatisfactory.

The following sequence in teaching the elementary six-beat crawl is recommended: First, arm and head action; second, proper breathing with head above water; third, leg action; fourth, exhaling below the surface; fifth, timing or coordination of the whole stroke.

Head and arm action

Without saying anything about the feet or leg action, tell the boy to place first one ear and then the other flat upon the water. Next, to move the arms alternately to the count of three, the hands entering the water in front of the head on "one." This rhythm is fundamental and should be practiced until it becomes natural.

In the elementary crawl, the arm is kept stiff and swung up toward the sky as it is brought forward. The fastest learners do not rotate the arm at all. If the hand enters the water in the relaxed position and is then carried down and back beneath the center of the body, the little finger will emerge first from the water due to the natural roll of the shoulders.

It is the beginner who turns the wrist and hand before they emerge that has the most difficulty. Another source of trouble is failing to place the head flat on the water. Where the head is raised above the water, the feet tend to drop toward the bottom.

Relax the arms

The beginner should turn his head from side to side as he swims. The important thing is to learn the rhythm and to relax the arms gradually so that each hand enters the water fingers first and goes downward at once. Arm actions that allow the elbow to touch first or that allow either hand to float before going downward tend to spoil the timing of the stroke.

Some beginners pick up the arm and head action more readily with water wings. Before giving a boy wings, work with him in shallow water. Grasp him by each hip bone so that his feet float back between your legs. You can thus rotate his

body as he tries the arm and head action. For rhythm, count "one, two, three."

After the boy has grasped the gist of the thing, he may be given the wings to practice with until he is ready for the next step. You will probably note that after he has practiced this action for a while, his legs will begin flapping up and down of their own accord. At the beginning, the feet may be kept quite widely separated, but gradually they will come closer together. As he gains confidence, it is a good idea to squeeze a third or a half of the air out of the wings.

Breathing

The next step should be taken whenever the swimmer is ready for it. By this time, you have noted which hip is turned the higher. If it is the right hip, the breath usually should be taken on that side. Sometimes, however, the breathing may be inserted on the other side to correct a scissor kick.

In this elementary stage, the head is still turned from side to side and kept above the water. The breath is taken on the side on which the hip turns the higher; the face is then turned to the other side. The exhaling is not instituted until the head starts back for the next breath.

This makes a three-count breathing action: inhaling, holding the breath, and exhaling. The breath is inhaled through the mouth and exhaled through the nose and mouth above water. The same method is used later when the face is placed beneath the surface.

The next step is the development of the leg action. The muscles that thrust the legs downward need no training as they are already developed. The simple act of walking may be thanked for this. Gravity itself will also aid in the downward stroke of the leg. So we train the back muscles to lift the leg.

A three-count is used as in the leg action. We say, "Lift, lift, lift," with slight emphasis on the first one or "Lift, two, three." We also try to drive home the idea epitomized in, "Feel your knees pass each other." The phrase, "Brush, brush, brush," may also be used to indicate the passing of the knees.

The next concern is a position in shallow water that will give the

best results, and several progressive exercises. It takes time to develop a good leg action. The procedure cannot be hurried.

First, have the boy place his hands on the bottom, in arm's length depth, with the fingers turned outward and the thumbs pointed forward. This position of the hands assures superior balance and facilitates the carrying of the legs near the surface.

Exercise 1 is for relaxation and the proper beat. Have the swimmer spend five to ten minutes feeling the knees pass each other. Keep the rhythm with "Lift, lift, lift," or you may have them count aloud. The boys who relax their legs will not tire as fast as those with stiff ankles and knees, who will become fatigued within three minutes. After several days, the more advanced swimmers may try the next exercise.

Exercise 2 ties up the leg and head actions. The swimmer starts from the same basic stance, but with one cheek upon the surface. Using the same three-count and stressing the passing of the knees, he moves his head from side to side on "one" or the first "lift."

Exercise 3 adds the arm action to the preceding exercises and the placing of the face beneath the wa-

ter. There are four parts to it: first, swim as far as one breath allows; second, keep the face beneath the surface; third, watch the hands go down on each count of one and pass beneath the center of the body; and, fourth, "feel the knees pass."

It is easy to pick out the boys who are doing the exercise correctly. Those who try to keep the three count with their legs will give themselves away at once. The count must be kept with the arms. Feeling the knees passing is secondary.

The exercise should be practiced daily for five or six minutes before the distance work is done. By this time, the advanced swimmer will probably be using under-water exhaling in his distance work, while the beginners will still be turning their heads from side to side. However, once you've established their rhythm, you may concentrate on the leg action.

Exercise 4 is designed to correct the leg action where a scissor kick is hindering progress. The procedure of the preceding exercise is used but with the swimmer keeping his head directly forward. This prevents the body from rolling into the position that makes a scissor kick natural. A faulty scissor action may sometimes be corrected in advanced swimmers by having them change

the side on which they inhale.

If the swimmer is just quivering the legs rapidly in an eight, ten, or twelve beat crawl, you can reduce the action to six beats by suggesting that he kick his legs until the feet are "so far apart" (vertically) on each kick—demonstrating with your hands a distance about twice as much as you desire. This invariably slows down the kick.

You may use the same system with boys who are only getting two beats on their arm stroke. Suggest that they try for a much shallower kick. The extra beat invariably is picked up.

Exhaling under water

The next step in building the six-beat crawl is under water exhalation. Progress will be swift if this is not attempted until the leg action is automatic. Enough mistakes are made while the boy is learning to exhale under water. To be thinking at the same time about leg action is too much of a burden.

So far, the boy has been breathing in the regular manner but with his face above water. If he has been inhaling on the left side, he is instructed as follows: Stand in waist-

(Continued on page 30)

One boil "PUTS OUT" any athlete!

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Now Also in Tubes



If you have something for this column send it to Bill Wood, Evanston Township High School, Evanston, Illinois.

Blackout in Oklahoma! Coach Al Graham of Excelsior tells us: "It was Excelsior vs. Varnum at Varnum, with 30 seconds to go and the home team leading, 21-20. Excelsior gained possession of the ball and started for the basket. Herb Hough broke away from his guard, took a pass from his brother, Paul, and headed in for the kill. At this point a six-year-old Varnum fan, in a burst of local patriotism, switched off the lights. No air raid sirens were heard, but the blackout caused much woe in the visitors' camp as they failed to score in the remaining quarter minute of play."

Department of utter confusion: "Calaveras' ball out of bounds under the Tuolumne, Calif., basket. The ball was passed in to an eager Calaveras forward who promptly sank it in the wrong basket. An equally excited Tuolumne player then stepped out of bounds with the ball and passed it in to a teammate who dribbled the length of the floor and tossed one in for Calaveras. Hereupon the two coaches had the game halted and the players and the official oriented." Reported by Coach Hugh Harrison, Oroville, Calif.

Correction sustained: "The three oldest colleges in the U. S. are Harvard, William and Mary, and St. John's (at Annapolis) and not Harvard, Yale and William and Mary as appeared in Coaches' Corner. I know. I coached at St. John's for ten years before intercollegiate sports were discontinued there." So says Coach Talbott "Tody" Riggs of Sherwood High School, Sandy Spring, Md.

That veteran Coaches' Corner letterman, Frank Colucci, of McKinley

School, Flint, Mich., passes along these interesting tidbits on school sports down his way.

"Coach Avery, of Croswell, had five freshmen and five seniors on his ten-man tournament squad this spring.

"Watch Swartz Creek go! In 17 years of officiating, I don't believe I've ever seen a squad better coached in the fast-break style of play. The passing is so sharp and accurate that opposing coaches think they're using a spot pass offense. The timing is beautiful to behold. (Editor's note: Guess what! Some little team we never heard of dumped Swartz Creek in the tournament.)

"For the past three years Bob Lally, of Lapeer, and I have officiated tournament games up in the 'Thumb' district. It's lonely country up there. In 1940 we were assigned to Croswell for a three days' session. Thursday, on the way up, we arrived on the scene of a smash-up just in time to pick up the victim who had received a broken neck, a broken leg, and a brain injury. He was quite dead.

"In 1941, exactly one year later, Bob and I were on our way to work

the district tournament at Deckerville. Near dusk we were suddenly startled by red flashes licking into the sky ahead to our left. 'House on fire!' said Bob and we turned down a lonely side road to see if we could be of any help. There was nothing we could do. No fire fighting apparatus could reach that secluded spot. The old man who lived alone in the house lost everything he had. No insurance.

"This year we were assigned to Croswell again. Thursday, on the way up, we stopped for gas in a little town next to Croswell, to discover that a man had just committed suicide there."

Here we go again! "In football this year my team was going from bad to worse, what with four defeats and one scoreless tie. But the season's finale was to be different. Lodi's opposition was to be Arena, not too tough. In a rash of optimism, I promised the little woman that the boys would bring home the bacon.

"At the end of the second quarter Arena led, 6-0. That touchdown was a surprise, but we were still confident. They weren't such-a-much. At last, late in the third period my quarterback broke away for what looked like the longest run of the game and a sure touchdown. As he came tearing down the field to our 15-yard line, a rabbit jumped into his path, tripping him up flat and causing him to fumble. Arena recovered. The quarterback got on his feet, picked up the rabbit, which had been killed, and threw it to me on the sidelines. 'Coach, it looks like the bacon has slipped by us again. Think you can get by with bringing home the rabbit?'

"Incidentally, the rabbit was swell." Thank Coach H. T. Freiman, Lodi, Wis., for that one.

Eddleman again! Coach Ed Boell of Point Pleasant Beach, N. J., inquires, "Did Eddleman score those 900-odd points in one season or two?" Just one. We don't have the exact figures as yet, but in four years of high school competition "Dyke" must have scored over 2,500 points, for an average of better than 20 points per game. He brought his spectacular prep career to



Illustrated by Kate Tracy

MAY, 1942

a close last month when he led his teammates in a last minute whirlwind attack from far behind to win both the semi-final and the championship games of the Illinois state finals. Going into the final quarter of the championship game, Centralia trailed by 13 points! Hero Eddleman scored the final four that meant victory. A money player if there ever was one.

The smallest town to be represented in the Wisconsin state finals this year was Johnson Creek, population 511. The team, coached by Cliff Eastman and sparked by the Winkelman twins, Carl and Louis, has won 44 out of 45 games played during the last two years.

How many high-school boys' teams are coached by women? From time to time we have commented on the records of two or three that have come to our attention; the one down in Georgia, and the one in the Upper Peninsula of Michigan, for example. From the standpoint of service one of the most remarkable achievements is that of Mrs. Pearl Rushing, for sixteen years principal and basketball coach at Spillertown, Ill. Several of her grade school teams have won district championships and many of her "boys" have gone on to stardom in high school and college. Miss Jane Wright of South Jacksonville, Ill., has likewise been instrumental in the development of many fine players.

The athletic program at Evanston, Ill., includes 181 interscholastic athletic events for the 180 school days this year, yet Evanston was the only one of the 900-odd high schools in the state that was not entered in the state basketball tournaments.

We believe that Eveleth, Minn., produces more big time hockey stars than any other town in the United States. There are Brimsek of the Boston Bruins; Lo Presti, Mariucci, and Papike of the Chicago Blackhawks; and DePaul and the Palazzari brothers of the University of Illinois.

The officials must have had a field day at the Stambaugh, Mich., district tournament this year. There were 39 fouls called in the Bessemer-Wakefield semi-final and 42 in the Ironwood-Iron River semi-final. In the championship game the next night, Coach Fred Trewyn's Wakefield Cardinals made a gallant but unsuccessful last ditch stand against a strong Iron River team with only four players, all substitutes, on the floor during the final minutes. The rest of the squad had fouled out.

We bet you'd never guess what the record is for volleying a tennis ball. Well, Helen Wills and Howard Kinsey once volleyed a ball for 78 minutes without a miss! Total shots—2,001. They stopped when Kinsey had to quit to give a lesson.

BILL WOOD

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Head Football Coach
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Swimming

(Continued from page 27)

high water; place your arms in position with your right cheek upon the surface; inhale and start your arm action, turning your face into the water; hold your breath until your right hand comes forward and strikes the water; then do two things—begin to exhale under water out of the nose and mouth and turn your face back up to the left for your next breath; keep exhaling even after the face is above the surface.

You may help by calling, "Blow and breathe," each time the right hand strikes in front. Until then, you can note if the breath is being held. If the breathing above water was learned correctly, the new procedure ought to be easy for the beginner.

The important thing is to hold the breath after each inhalation to allow the air and blood to mix in the lungs. A person who exhales immediately after inhaling becomes breathless very quickly. The three counts used so far in each step applies here as well. The counts "one, two, three" are represented by "inhale, hold (or rest), exhale."

The most common fault that will crop up at this point will be a tendency to exhale as soon as the face goes under. Another fault that will throw off the entire stroke, if the inhaling is on the left side, will be a turning of the head before the right hand strikes in front. The exhaling and the turning of the head out of the water should occur as this hand strikes.

Beginners also err in hurrying the recovery of the arm in order to exhale. This is indicated by a shortening of the arm stroke at the back and a forward snap in a very bent position. The fault throws off the rhythm of the stroke.

Head position

Each swimmer must be individually coached on the proper head position. Several may carry their heads higher than others, while some require little turning of the head to inhale.

Two things are important here: first, that the head be turned very gently; and, second, that the turning of the head doesn't also turn the trunk upward. A jerky motion is more likely to move the body. If the body is rolled too much, the rhythm of the stroke is broken. There is also a possibility that one shoulder may go too far beneath the surface and

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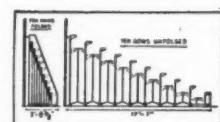
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MAY, 1942

thus impede the forward progress of the body.

The best results are obtained by turning the head gently and casting the eyes forward at about an angle of 45 degrees. If the head is turned upward so that the swimmer is looking back, there is often a pause or break in the rhythm.

The pause may be discerned in the static position of the arm just after it comes out of the water in back and while the breath is being taken.

Exaggerations

Exaggerations are often helpful in correcting mistakes. Suppose the swimmer has a perfect six-beat crawl but for an awkward elbow bend, as the left hand enters the water, that brings the hand too close to the top of the head. As a result, the hand probably floats forward before catching.

To correct the flaw, tell the swimmer to put his hand in the water "out here," demonstrating a position to the left and ahead of the left shoulder. Exaggerate it. In following your instructions, the swimmer thinks he is putting his hand into the water off to his left. Actually, the hand enters the water exactly where you want it. The entry is in front of the head with no bend at the elbow, the hand going down at once.

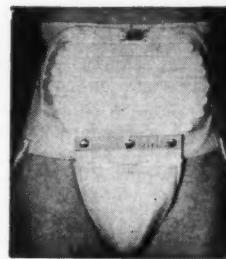
Every time you exaggerate like this, make sure later on to tell the swimmer the reason for doing it and the results. Otherwise he may propagate a misconception of the stroke.

Another good spot for an exaggeration is where the swimmer's hands are entering the water outside the proper spot and the arms are being carried down along the sides instead of directly below. As an exaggeration, you may ask him to cross his arms in front and look at them.

You may say: "Now I want you to feel that you are crossing each arm over to the other side that much (demonstrating) and I want each hand to sweep down toward the opposite leg." Invariably the hand will enter directly in front of the head and pass beneath the body, as desired.

Suppose one arm is being hurried over the surface and is thus breaking the rhythm. Perhaps the arm is being bent and brought out too soon, so that it isn't being fully extended at the back. Try asking the swimmer to imagine picking a feather off the water at the back of the stroke and placing it on the water out in front. This often will correct the fault.

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is your player's safeguard against internal injuries. It is enthusiastically accepted by parents. It protects the vulnerable abdominal area with a flexible wall that folds as the body bends. An 8-inch girdle holds the ribs and lumbar area in place and helps build strong, lifetime abdominal muscles. Strong fiber ribs over the abdominal region are backed by a removable sponge rubber shock absorbing pad—forming a protective unit. The player has complete freedom in running and kicking. Pouch takes any size cup. The unit is durable (lasts several seasons) and sanitary in every respect. Its lightness of weight (12 ounces) makes it doubly should be worn by every boy every day during the season.

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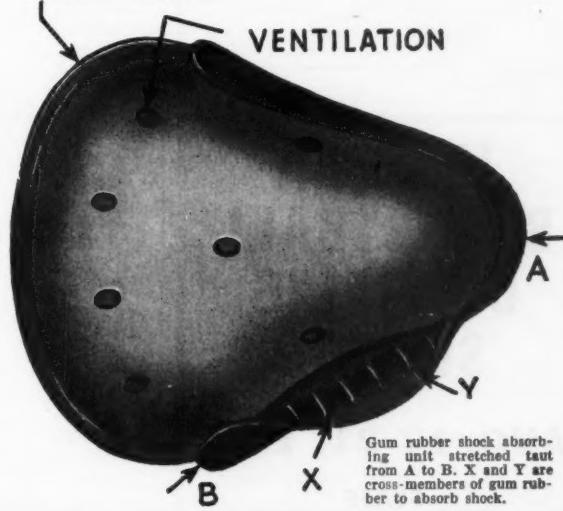


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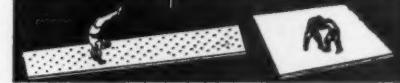
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Coaching School Directory

COLORADO H. S. COACHES' ASSN.—Denver, Colo. Aug. 10-15. N. C. Morris, director. Staff: Don Faurot, Fritz Crisler, Everett Dean, John Hancock, J. S. Doubenmier, Bob Shelton. Tuition, \$10. For further details, see advertisement on this page.

INDIANA BASKETBALL—Logansport, Ind. Aug. 17-21. Cliff Wells, director. Doug Mills, Everett N. Case, Marion Crawley, Cliff Wells. Tuition, \$15. For further details, see advertisement on this page.

LAWRENCE TECH—Detroit, Mich. Aug. 24-28. Don Ridler, director. Staff: Gus Dorais, Clair Bee, Cliff Wells, B. F. Van Alstyne, A. H. Muyskens, George Du Four. Tuition, \$15, complete course; \$10, football or basketball only. For further details, see advertisement on this page.

LOUISIANA STATE U.—Baton Rouge, La. Aug. 3-8. Johnny Brechtel, director. Staff: Carl Snavely, Jim Conzelman, Bernie Moore and L.S.U. staff, Glenn Rose, Johnny Lynch. Tuition, \$5. For further details, see advertisement on this page.

OHIO STATE UNIVERSITY—Columbus, O. June 22-July 23. L. W. St. John, director. Staff: Dr. D. Oberteuffer, Paul E. Brown. Tuition, \$15.

PENN STATE COLLEGE—State College, Pa. June 8-Aug. 28. Lloyd M. Jones, director. Courses in all Sports and Physical Education. Staff: Varsity Coaches. Tuition, \$6 per credit.

PLAINS COACHING SCHOOL—Plainview, Tex. R. L. Johns, director. Football. Tuition, \$5.

SHURTLEFF COACHING SCHOOL—Alton, Ill. July 27-31. W. G. Moss, director. Staff: Frank Leahy, Ed McKeever, Ed Krause, W. G. Moss. Tuition, \$10. For further details, see advertisement in April issue.

TENNESSEE COACHING SCHOOL—Nashville, Tenn. Aug. 10-15. Joe Sills, director. Staff: Red Sanders, Jess Neely, John Mauer. Tuition, \$10. For further details, see advertisement on page 23.

UNIVERSITY OF COLORADO—Boulder, Colo. June 15-July 17, July 20-Aug. 21. Harry G. Carlson, director. Courses in all Sports and Physical Education.

UNIVERSITY OF IOWA—Iowa City, Iowa. June 18-Aug. 8. E. G. Schroeder, director.

UNIVERSITY OF NORTH CAROLINA—Chapel Hill, N. C. Aug. 17-22. R. A. Fetzer, director.

UNIVERSITY OF TENNESSEE—Knoxville, Tenn. June 8-July 15, July 16-Aug. 21. A. W. Hobt, director. Courses in Physical Education. Staff: Physical Education Department.

UNIVERSITY OF WYOMING—Laramie, Wyo. June 11-14. F. E. Davis, director. Staff: Harry Hughes, B. F. Oakes, Ev Shelton. Tuition, \$5. For further details, see advertisement on this page.

UTAH STATE AGRIC. COLLEGE—Logan, Utah. June 8-12. E. L. "Dick" Romney, director. Football and Basketball. Tuition, \$10.

WASHINGTON ST. COLLEGE—Pullman Wash. June 15-Aug. 7. J. Fred Bohler, director. Courses in all Sports and Physical Education. Tuition, \$10.50 (four weeks). \$16.50 (eight weeks).

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1. Two tablespoons twice a day for 10 days. Take before and after practice period. Then, two tablespoons once a day. Take after game or practice period, preferably after shower.

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3. The recommended way to take the gelatine is in plain water (room temperature), or fruit juice; or the fruit juice and water may be mixed 50-50, 4 oz. of water and 4 oz. of fruit juice.

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(a) Pour onto the liquid 2 level tablespoons of Knox Gelatine; (b) let liquid absorb the gelatine; (c) stir briskly and drink before it thickens.

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Keep 'em Flying

(Continued from page 16)

tion at the basic and advanced schools.

The beginning cadet is required to fill out a physical training record, which includes age, height, weight, and other pertinent data. He checks the activities he engaged in before entering the service from a check list of 23 games, calisthenics, and other physical activities. He single checks those in which he has taken part regularly and double checks each in which he considers himself qualified to assist in the training of others.

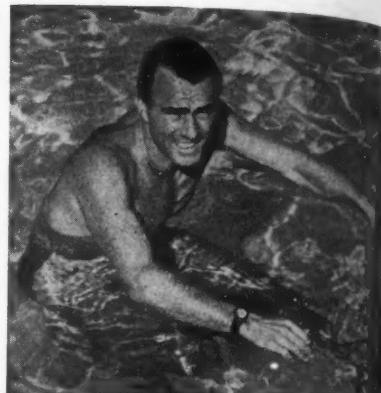
Also on this form is the record of the cadet's motor efficiency test, called the J-C-R Motor Test, which includes a vertical jump, chinning, and the 20 times 5-yard run.

The record follows the cadet from replacement school through advanced flying school. On it is progressively recorded the individual instruction he has received together with the instructor's observations, recommendations, and specific comments on his potential leadership ability. When the cadet has been commissioned, his record is returned to the director of physical training at the headquarters of his training center.

Each school has a pentathlon meet every ten weeks in which a minimum of 90 percent of the cadets must participate. Laurels go to the school with the best average rather than to the few outstanding athletes. Events in the pentathlon are the 75-yard dash, the 11-pound medicine ball put, the standing hop, step and jump, potato race and basketball speed shooting.

The administration of this huge physical education undertaking, which covers about 30 schools in the Gulf Coast Air Corps Training Center and about 25 each in the West Coast Air Corps Training Center and the East Coast Air Corps Training Center, is entrusted to a large organization headed by James E. Pixlee, former professor of physical education at George Washington University.

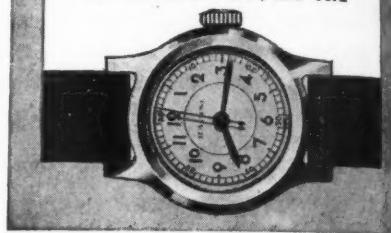
Another distinguished physical educator on the staff is Dr. Peter V. Karpovich, former professor of physiology at Springfield College in Massachusetts, who is now connected with the Research Section of the School of Aviation Medicine at Randolph Field. Although he devotes most of his time to ways and means of detecting potential wash-outs, he is also concerned with the day-to-day fitness of the fliers.



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Dr. Karpovich is studying a physical training plan which will affect not only the cadets but flying and ground officers and all enlisted men in the Air Corps.

His rules for physical fitness are simple. Eat a well-balanced diet, exercise and play regularly, rest sufficiently, sleep soundly and have a purpose in life. (He doesn't have to lay down the last rule to Aviation Cadets.) You can forget all about vitamins if you drink at least a pint of milk a day, eat meat, cereals, fruit, green vegetables and one egg a day. To keep healthy, don't overwork or overworry and keep away from insomnia. Don't forget to swap funny stories. That's his recipe, especially for war-time.

These are the sort of men who are keeping 'em walking, running and jumping so they can keep 'em flying.

Save Your Leather

(Continued from page 25)

preserve the item and at the same time render it water repellent and mildew-proof. While satisfying the thirsty fiber of the leather, they leave no sticky or oily residue to dull the surface or catch dirt or dust.

The proper lubricating methods in conjunction with balls, shoes, and pads of various types will result in an appreciable increase in the life thereof and the service obtained therefrom.

During the spring and summer months, all leather equipment that is to be stored away should be treated with a dressing. In the South, especially along the Coast, where there is a great deal of moisture, leather is subject to mildew. This is no respecter of any particular kind, grade, or quality of leather.

Balls, pads, shoes, the inside of baseball gloves, etc., all require attention and lubrication treatments to counteract the destructive effect of perspiration, which causes leather to rot, dry out, and become hard.

Football helmets may merely be buffed clean. Because of their shellac or painted finish, no leather preservative should be applied to them. They may be dried on a special rack so that the air may circulate about them.

Reconditioning is especially worthwhile with helmets, as well as with hip and shoulder pads. The felt padding in pads may be cleaned by the school laundry or by student managers. A good grade of soap and water applied carefully to the padding only is very effective.



HOW DO WE KNOW ALTA-CO POWDER CAN CONTROL ATHLETE'S FOOT?

- Alta-Co dissolved 1 pound to the gallon, kills the causative fungi and spores in less than 60 seconds;
- Doesn't injure the skin—is harmless to towels;
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Efficiency of Alta-Co Powder for Athlete's Foot control has been tested by eminent bacteriologists, dermatologists and other authorities. Every statement about this fungicide is based upon such tests. The C. B. Dolge Company will gladly furnish verbatim copies of reports on request.



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makes Leather Equipment last longer



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An extra application of self-penetrating LEXOL at this time of year will save many dollars in costly repairs and replacements.

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Please send complete information on Perma-Gym Seal—the durable floor finish.

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POSITION

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DIVISION OF CONSOLIDATED CHEMICAL
LABORATORIES INCORPORATED

New Books on the Sport Shelf

VOLLEYBALL. By Robert Laveaga. Pp. 114. Illustrated—free-line drawings. New York: A. S. Barnes & Co. \$1.

WHATEVER your volleyball problems are, you'll find them answered in this book. Laveaga's text is about as complete a treatise on the game as you'll find anywhere.

He covers the general fundamentals and principals, including rules, fouls, and violations, standard positions, combinations and plays; techniques of handling the ball; various methods of serving; techniques of the attack; defensive play; offensive play; coaching a team for intensive competition; officiating; equipment; the women's game; variations of the game; and class play, leagues and tournaments.

Each individual and team technique is described in complete detail and, for the most part, illustrated with simple free-line drawings. Particularly valuable for coaches and teachers are many sound practice suggestions, drills, and tests.

The author, who is director of physical education at the Boston Y.M.C.A., knows whereof he speaks, having supervised several national champions. Since there are two generally recognized games—the recreational type and the intensive game—he wisely indicates, in his analyses of the skills, the points of departure.

HEALTH IN SCHOOLS. Twentieth Yearbook of the American Association of School Administrators. Pp. 544. Illustrated—photographs and tables. \$2.

AS HEALTH has long been an aim of education, for several years within the American Association of School Administrators there has been a demand for a statement of the administrator's role in a school program of health education.

Here is the answer, compounded by a special commission of eleven distinguished educators. The commission attacked the problem from sixteen angles, namely:

Organization and administration of the general program, guidance of individual pupil health, school health instruction program, health instruction in related areas, health aspects of physical education and recreation, mental hygiene in the school program, school programs for physically exceptional children, communicable disease: general control measures, types and specific controls.

And, injuries and emergency illness, healthful school environment, functions and preparation of school health personnel, administrative practices affecting the health of the school personnel, coordination of health agencies, legislative and legal aspects of

the school health program, and questions regarding school health problems.

Each of these subjects is broken down into its component parts and the role of the administrator clearly given. Although the yearbook points no moral or draws any conclusions, labeled as such, several lines of possible action appear from careful perusal of the text:

1. That more careful attention to a study of individual nature and health needs is needed.

2. That more effective machinery should be developed to eliminate physical and mental defects.

3. That the school program and its organization must be studied to eliminate the unnecessary tensions and strains harmful to both pupil and teacher health.

4. That the possibilities of cooperative action in creating a healthful community should be explored under the leadership of educators.

COMPETITIVE SWIMMING AND DIVING. by David A. Armbruster. Pp. 301. Illustrated—free-line drawings and tables. St. Louis: The C. V. Mosby Co. \$3.25.

HERE is unquestionably one of the best texts on swimming and diving ever to cross ours or anybody else's desk. In it Dave Armbruster, the University of Iowa's distinguished coach, passes along the fruits of years of studying and applying the best theories of competitive swimming.

He breaks down into the finest detail the mechanics of the various strokes, including the sprint, middle distance, and distance crawls, relay racing, back crawl, and breast. Every move the swimmer makes from the time he takes his marks until the final touch is covered exhaustively, with a fine eye open for the physiologic implications.

Always the author is guided by kinesiologic principles and physical laws. Where technique and form are somewhat involved, the author has presented each phase in a clear, logical, and orderly sequence that may be understood by beginning and veteran coach alike.

He makes his treatise conform to recognized practices, but includes many interesting new theories evolved from experiments at the University of Iowa.

The final third of his book is given over to competitive springboard diving. The author who, incidentally, is also an assistant professor of physical education, covers supplementary exercises, the fundamental principles, (Concluded on page 38)

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MAY, 1942

National Federation News

THE interscholastic edition of the track and field guide, published by the National Federation, is now available to the nation's high schools.

This edition includes an attractive supplement, which contains: articles on the mechanics and technique of starting; information on how to apply for conference, state or national records; national interscholastic records; statistics relative to the comparative speeds in the old and new hurdle races; the interscholastic honor roll; results of all state high school meets; and other interesting items.

Since 22 states have eliminated the javelin throw, there is talk about a substitute event for the muscle men. Iowa is experimenting with a football throw that will put a premium on accuracy as well as on strength of the throwing arm. The athlete will throw at a checkerboard target. The closer he comes to the central squares, the more points it will count.

Another proposed event is an underhand throw with a weight slightly larger than the present shot. The ball would be built with a handhold so that it could be tossed about as far as the regular shot.

All these efforts are in line with the national policy of interesting greater numbers in track and field activities. As there is no limit to the number that can be accommodated in this sport, schools might well consider a plan whereby such activities would be compulsory for every high school student.

Following are the limitations imposed by certain states on the number of events a contestant may enter:

<i>State</i>	<i>Number Events</i>
Arkansas	4 provided one is a field event.
California	3 but 1 must be in different division (track or field).
Connecticut	3 but events grouped: (A) Field; (B) 440, 880, mile; (C) Sprints. 3 events in A; 2 in A and 1 in B or C; 1 in A, B and C; or 1 in A and 2 in C.
Georgia	2 and relay.
Idaho	2 track and 2 field but can't enter 2 races 440 or longer.
Illinois	2 and relay. But 1 and relay if that one is 440 or longer.
Indiana	3 and cannot enter more than 1 relay.
Iowa	4 but only 3 in track. If in race 440 or longer, can't enter other race except relay.
Maryland	1 track and 1 field.
Michigan	4 including only 2 sprints and relay; or only 440 and relay; or only 880 or mile (no relay).

(Continued on page 39)

Order McARTHUR Towels TO INSURE NEXT FALL'S SUPPLY

In these days of priorities and conservation of materials, it's wise to plan ahead! To insure a good clean towel service with good, long lasting, towels—be sure to place your order for McArthur Towels NOW! Early orders receive early, on time deliveries! Write today!

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BARABOO, WIS.

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Director of Physical Education
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Goal-Hi—America's new play-game. . . . For boys and girls of all ages. . . . May be played in the gym or on the playground by large or small teams (same single piece of equipment used in both locations). The first new, year-round, mass play-game since volleyball. . . . Official Goal-Hi Equipment priced within the reach of every budget.

WRITE FOR CATALOG

Also manufacturers of Basketball Backstops, Basketball Scoreboards, Gymnasium Apparatus, Playground Apparatus and Telescopic Gym Seats.

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Authorized Sales Representative in your Locality

**For the life or death grapple—
Know and teach**

JUDO

THIRTY LESSONS IN THE MODERN SCIENCE OF JIU JITSU

By
T. SHOZO KUWASHIMA
Former Instructor of U. S. Army Officers

Says the National Police Officer:

"For the police officer who is constantly exposed to personal danger, JUDO and its movements are priceless. For the everyday citizen who has many times wondered just what he would do if confronted with thugs, without police aid at hand, JUDO is the answer."

FOR hand-to-hand fighting, parachute duty, trench raids, and night patrols, a soldier trained in Judo possesses an extra weapon. 103 separate movements are here clearly illustrated with large action photos of experts. Both defensive and offensive holds explained and demonstrated. NOW is the do-or-die time to learn and teach!

\$2.50

Check this magazine's Master Coupon or send direct for 5 days' examination copy. Also see editorial pick of other popular Prentice-Hall books in this issue.

PRENTICE-HALL, INC., 70 Fifth Ave., N. Y.

STANDARD SPORTS BOOKS For Coaches and Players

Baseball, The Fan's Game

By Gordon S. (Mickey) Cochrane

This is the inside story of major league baseball by the colorful and picturesque "Black Mike" Cochrane whose amazing life in the diamond sport forms the back drop of thrills and experiences which make this book required reading for the player, the coach or manager, and the addict alike.

"The best book on baseball I've ever read."—John Kieran, New York Times.

Second printing. Illustrated. Cloth, 12mo. \$2.00.

Basketball, The American Game

By H. Clifford Carlson

The Father of Systemized Basketball tells the colorful story of this native sport. For the expert and the novice. Illustrated. \$2.00.

Hockey, The Fastest Game on Earth

By Mervyn (Red) Dutton

One of the greatest defensemen and coaches tells the inside story of big league ice hockey as it is played today. Illustrated. \$2.00.

The Mental Side of Golf

By Kenneth R. Thompson

New and simple technique that will do the trick for any man or woman who will faithfully practice his instructions with hints on the mechanical side of the game. Illustrated. \$1.50.

At All Bookstores or From

FUNK & WAGNALLS CO.
354 FOURTH AVE., NEW YORK

New Books

(Continued from page 36)

and the actual techniques of all the dives.

The book is richly illustrated with free-line drawings based on movie studies of some of the world's greatest swimmers and divers.

The diving illustrations are especially worthy of mention. Appearing in full-page plates, they offer a visual course in themselves. The techniques are clearly and accurately demonstrated in complete sequence.

Particularly valuable are individual chapters on conditioning and training, subjects that are seldom more than scratched in the average text. In this section, the author presents both pre- and post-competition diets, special warmup and body-building exercises, practice schedules, etc.

The book is organized and written along the soundest pedagogical lines. We unreservedly recommend it for high school and college coaches, instructors, and competitors.

MINERALS IN NUTRITION. By Z. T. Wirtschafter. Pp. 174. Illustrated—photographs and tables. New York: Reinhold Publishing Corp. \$1.75.

THIS is more or less of a companion piece to the Eddy-Hawley volume, *We Need Vitamins*, which we reviewed last month.

Coaches who want to understand the basic requirements of adequate nutrition so that they can prescribe a scientific diet to their boys, will find here, in simple non-technical nomenclature, the vital part played by mineral substances in the body.

Dr. Wirtschafter explains the action and distribution of minerals and what each of the minerals does. He supplements his analysis with complete tables of the mineral content of common foodstuffs.

THE OFFICIAL TENNIS GUIDE (1942). Edited by Edward B. Moss. Pp. 225. Illustrated—photographs. New York: A. S. Barnes & Co. 50c.

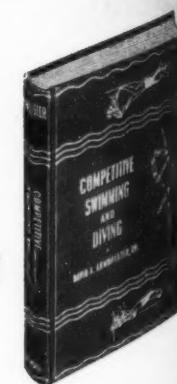
THE tennis guide this year has a new format. Published for the first time by Barnes, it features a series of helpful technical articles and full-page layouts of progressive action pictures.

The outstanding articles are contributed by Bill Tilden, Mary K. Browne, and Helen Jacobs. Among the players shown in progressive action are Jack Kramer (service), Don McNeill, Ted Schroeder, Alice Marble (all three of whom are shown demonstrating their forehands), Bobby Riggs (backhand), and Welby Van Horn (volley).

The rest of the guide is made up of the conventional chronological lists of champions, tournament records of the past season, and the rules. Several good articles on tennis court construction buoy up the back of the guide.

NEW!

- Illustrated Technique
- Conditioning
- Training



COMPETITIVE SWIMMING AND DIVING

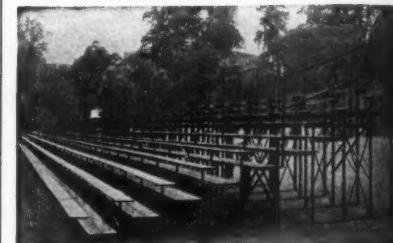
By DAVID A. ARMBUSTER, Sr., M.A.
Associate Professor of Physical Education and Head Swimming Coach, University of Iowa.

295 pages, 15 series of illustrations

PRICE, \$3.25

A splendidly illustrated, clearly detailed presentation of good form in swimming and diving, with supplementary information on diet, exercise, massage and training schedules.

THE C. V. MOSBY COMPANY
St. Louis, Mo.



WAYNE... Symbol of Quality and Reliability

Through the years the word WAYNE has progressively represented the highest achievement in the development of indoor and outdoor seating equipment. The Steel Portable Grandstand illustrated above is typical of the unequalled quality and utility built into every WAYNE product.



THE WAYNE IRON WORKS
300 LANCASTER AVENUE, WAYNE, PA.

MAY, 1942

Federation News

(Continued from page 37)

- Minnesota No limit on field. 2 track and relay but can't enter both 440 and 880. (Do not have mile.)
- Missouri 5 but not more than 3 in one division.
- Montana No limit.
- Nebraska No limit on field. 2 sprints including 440 and relay. Can't enter 880 or mile and any other track event except relay.
- Nevada 4 plus relay.
- North Carolina.4 but only 2 in a division. Can't enter both 880 and mile.
- Ohio Same as Illinois.
- Oklahoma ... 4 but only 2 of 440 or longer.
- Pennsylvania.3
- Rhode Island.3 and relay but at least 1 must be field. Only one race 440 or longer. (4 events in dual meets or relay carnivals with limitations.)
- South Carolina.3
- South Dakota.4
- Texas 3 running events. May enter 440 and relay but in only 1 race 440 or longer.
- Utah 3 and relay. 2 races of 440 or longer.
- Washington .. 3 field or 2 in one division and 1 in other. If in 220 or longer, can't enter other race except relay.
- West Virginia.4 but not more than 3 races.
- Wisconsin ... 4 but not more than 3 races. Only 1 race 440 or longer.
- Wyoming No limit specified.

National front

Maine: Harrison C. Lyseth, secretary of the state association for 13 years, resigned recently to become superintendent of the Portland schools. Mr. Lyseth has been very active in state high school athletic work and has been a powerful factor in developing an efficient state association.

A hearty welcome is extended Earl Hutchinson, director of secondary education, who is stepping into Mr. Lyseth's shoes.

Ohio: Paul E. Landis, of Bowling Green State University, has just been selected by the state director of education to fill the new office of state supervisor of health, physical education, recreation, and safety.

New York: Much interest is being evidenced in proposed legislation affecting various phases of the athletic program. The latest bill would create a sort of super board for boys' athletics, composed of six physical educators and coaches and three administrators. The board would be endowed with broad powers, many of which are now vested in the state department of education.

Another bill would create a supervisor of athletics who would be part of the physical education staff in the state department of educa-



An ODORLESS SHOWER ROOM DISINFECTANT

Lacking none of the bacteriological efficiency of the best of the pungent-smelling solutions, West's new **SHOWERSAN*** met with instant preference BECAUSE IT IS ODORLESS. With it, you can institute a routine by which ATHLETE'S FOOT infection can be kept from contaminating your shower and locker-room floors and the feet of those who use them. Whatever your present practice, we urge you to write for the Showersan Circular and weigh the advantages of this improved product.

*Trade Mark Reg. U. S. Pat. Off.

WEST DISINFECTION COMPANY



Dept. W—42-16 West Street, Long Island City, N. Y.

MASTER COUPON

After checking carefully items desired, this coupon may be sent directly to Scholastic Coach advertising department, 220 East 42nd Street, New York, N. Y., from which point the advertiser will be notified of the requests.

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- Dean Cromwell Poster
How Many?

AMERICAN CRAYON (24)

- Kaysan Demonstration
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CEDAR KRAFT (34)

- Information, Score
Boards

COACHING SCHOOL INFORMATION

- Colorado H. S. (32)
 Indiana Bask. (32)
 Lawrence Tech (32)
 Louisiana St. U. (32)
 Tennessee (23)
 U. of Wyoming (32)

CONSOLIDATED LABS. (36)

- Information on
Perma-Gym Floor
Finish

CRAGIN SIMPLEX (34)

- Catalog on Tennis
Rackets
 Badminton Booklet

(Numbers in parentheses denote page on which advertisement may be found)

ON PAGE 40 ARE OTHER LISTINGS AND FORM FOR SIGNATURE

MARTIN DENNIS (35)

- Information on Leather
Conditioner

FUNK & WAGNALL (38)

- Information on
Sports Book

E. I. DU PONT (33)

- Information on Nylon
Tennis Strings

GULF OIL (3)

- Booklet, "Sani-Soil-Set
for Controlling Dust"
P. GOLDSMITH (4)

- Catalog

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- Softball Rule Book
How Many?
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HORN MFG. CO. (30)

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Bleacher Installations

RICHARD JOHNSON (34)

- Individual Embroidered
Name Plate

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KEN-WEL (13)

- Details and special low
price on Arrow Football

KNOX GELATINE (34)

- Sports Weight Charts
How Many?
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LINEN THREAD (17)

- Catalog on Sports Nets

MAPLE FLOORING (29)

- Information

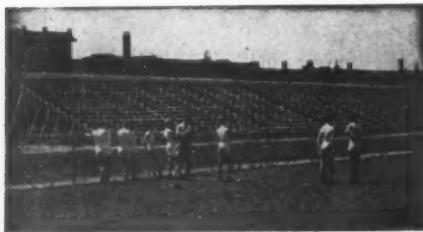
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- Complete Price List on
Athletic Equipment
Reconditioning



THESE QUALITY PRODUCTS DESERVE CAREFUL MAINTENANCE

• Owners of Universal quality bleachers are fortunate, for even when neglected these products have a long, useful life. But to secure the best possible service we suggest that you inspect your bleachers today; we can supply any needed replacements from stock. We also suggest that you paint all metal parts and either paint or varnish all wood parts. All working parts of our folding gymnasium stands should be kept well lubricated and cabinet hinges be kept brushed out to avoid bending and non-alignment of cabinets when closed.



The Universal line includes: Steel and Wood Portables; Grandstands; and Steel Folding Gymnasium Stands. Universal Wood Portables purchased now may be traded on either our Steel Portable or Steel Folding Bleachers later if desired. If you do not have them, get our informative bulletins today.

UNIVERSAL BLEACHER CO.
CHAMPAIGN, ILLINOIS

KEEP 'EM PLAYING!

It's up to you, Coach. If your boys are going to keep on playing, better check up on their equipment right now.

Soiled? Torn? Battered? Scarred? Send the whole works—uniforms, jerseys, shoes, pads, helmets, etc.—to MARBA for custom quality reconditioning.

Extra stitches, extra strength built into every job at no extra cost to you, and guaranteed for one full season's use.

Every shipment insured while in transit and at our plant. Stored free, if you wish, till next season, in fireproof warehouse.

Write today for complete price list—all items, all sports.

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SYSTEM**
ATHLETIC EQUIPMENT
RECONDITIONERS

431 NIAGARA ST. BUFFALO, N.Y.

SCHOLASTIC COACH MASTER COUPON

(See page 39 for other listings)

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| G. McARTHUR & SONS (37) | PRENTICE-HALL (38) | U. S. RUBBER (19) |
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| FRED MEDART (37) | JULES RACINE (34) | How Many? One for each squad member |
| <input type="checkbox"/> Playground Equipment | <input type="checkbox"/> New Sports Timer Catalog | <input type="checkbox"/> Poster, "A Creed for American Boys" |
| <input type="checkbox"/> New Fan-Shape Back-board & Goal | JOHN T. RIDDELL (2) | VOIT RUBBER CO. (31) |
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| <input type="checkbox"/> Gym Mats | SKINNER SATINS (See inside front cover) | WAYNE IRON WORKS (38) |
| <input type="checkbox"/> Catalog on Goal-HI | <input type="checkbox"/> Information on fabrics | <input type="checkbox"/> Information on Steel Grandstands |
| C. V. MOSBY (38) | SOLVAY SALES (25) | WEST DISINFECTING (39) |
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| PENNA RUBBER (30) | | |
| <input type="checkbox"/> Badminton Rules Book (Enclose 3c stamp) | | |

NAME _____
(Principal, coach, athletic director, physical director)

SCHOOL _____ ENROLLMENT _____

CITY _____ STATE _____

No coupon honored unless position is stated May, 1942

tion. Still another would provide for the extension of the athletic accident plan to include all high school students regardless of whether or not they are athletes.

Tournament statistics: A record crowd of about 15,000 saw the final session of the Minnesota state tournament. Utah also reported a record attendance, while in Illinois and Indiana the finals drew more than could be accommodated. In a war year, this is a significant commentary on the deep-rooted hold high school basketball has on the public.

Alabama: At the spring meeting of the state high school athletic association, two important rules were adopted. Except for 1942-43 seniors, athletes no longer will be eligible after attending eight semesters; and, second, interscholastic basketball will be forbidden for girls.

In this latter respect, Alabama is a pioneer among the southern states. But this is not a new experience for 'Bama. They have always been very active in adopting policies deemed desirable by national educational organizations.

Florida: The Palmetto case, which attempted to set aside the power of the state association to suspend a member, has finally been settled. Originally, the Supreme Court upheld the right of the association to enforce its rules. But the school that had been penalized appealed for a review. This has just been denied. Consequently, the suspension is in effect and probably will be until such time as the offending school reimburses the association for court costs incurred.

Utah: No boy in a high school supporting varsity baseball will be permitted to participate in any benefit game during the school year unless that game is between high school teams. During the summer, they may play with outside team provided they do not receive money for playing or for expenses. High school teams may not play pros where admission is charged, but may play practice games.

BOXING RINGS - MATS

A complete portable boxing ring designed for school use. Set up & removed in few minutes. Well constructed, conforms to all rules, inexpensive. Send for full information.
NATIONAL Sports Equip. Co., 366-72 N. Marquette St., Fond du Lac, Wis.

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The Perfect One for ATHLETIC FIELDS	\$30.00	\$20.45	\$0.35
Can't Hurt Grass, Player or Athlete	30.00	20.45	0.35
Chicago, Ill.	30.00	20.45	0.35
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Send for Bulletin 408

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**HERE'S
TEAM
play WORK
FOR
ALL
YOUR
STUDENTS**



ALL OF YOUR STUDENTS CAN TAKE PART IN THESE NATIONAL INTRAMURAL SOFTBALL TOURNAMENTS

—a real Physical Fitness Program for your school

TROPHIES FOR THE



WINNING TEAM!

1. In the coupon below, estimate the number of students who might be interested in playing in a softball tournament.
2. Upon receiving the coupon, or a copy of it, Scholastic Coach will send you suggestions for conducting such a tournament.
3. You will receive 10 trophies; one for each member of the winning team.
4. You may have TWO tournaments, if you choose. One for boys and another for girls. A complete set of 10 trophies will be sent for each tournament you hold.
5. You will also receive drawcharts. Post the announcement, fill in the names of the teams on your Schedule Sheet, and your tournament is started.
6. Follow the articles on softball in Scholastic Coach.

*Sponsored by Pepsi-Cola
Sanctioned by the Amateur Softball Association of America*

JUST MAIL THE COUPON FOR YOUR Free Trophies

SCHOLASTIC SOFTBALL TOURNAMENTS
220 E. 42nd Street, New York, N. Y.

Please enroll my school for these tournaments, and send the trophies, etc., to me:

Boys' Indoor Boys' Outdoor Girls' Indoor Girls' Outdoor

I anticipate in the boys' tournaments and in the girls' tournaments.

I would like to start actual playing of games by: Indoor Outdoor (insert date)

My Name Position

Name of School Address

City State Enrollment of school: boys girls

now's the time to

PROTECT WHAT YOU HAVE..



Your present stock of Athletic Equipment will apparently have to last you for quite a long time—and the manner in which you take care of it now, will govern how long that time will be. Keep your Supply Room clean and orderly—Take precautions against Moths, Mice and Mildew—Mark everything for easy identification, and place your cleaning and reconditioning problems in the dependable hands of the IVORY SYSTEM.

"Keep 'em playing in the World of Sports"

I V O R Y S y s t e m

PEABODY, MASSACHUSETTS

RECONDITIONERS
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